KIKKOMAN

Easy fish tacos with crispy vegetables

Total time **70 mins** **7 mins** preparation time **3 mins** cooking time **60 mins** marinating time

Nutritional facts (per portion):
2,547 kJ / 608 kcal

Fat: **19.1 g** Protein: **31.6 g**
Carbohydrates: **74.8 g**

INGREDIENTS

2 portion(s)

200 g	Boneless tilapia fillets (or other white fish)
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
3 tsp	Olive oil
0.5 tsp	Honey
0.5 tsp	Kikkoman Spicy Chili Sauce for Kimchi
1 pinch	Garlic granules
6	Taco shells/mini tortillas
0.5	red onion (40 g)
140 g	Cherry tomatoes
1	Avocado
100 g	Radishes
1	Small cucumber
120 g	Thick natural yoghurt or Greek yoghurt
2 tsp	Dijon mustard
1 tsp	English mustard
	Few mint leaves

PREPARATION

Step 1

In a bowl, mix Kikkoman Soy Sauce, 1 tsp olive oil, honey, and Kikkoman Spicy Chili Sauce for Kimchi, add pieces of fish, sprinkle with garlic granules, stir. Put in the fridge for at least 60 minutes.

Step 2

Finely chop the onion. Cut cherry tomatoes into smaller pieces. Cut the radishes and cucumber into thin slices. Cut the avocado into slices.

Step 3

Mix natural yogurt with mustards.

Step 4

Heat the remaining olive oil in a pan and fry the fish on both sides. After frying, cool slightly and flake with a fork into smaller pieces.

Step 5

Fill each taco with avocado, radish and cucumber, fish, cherry tomatoes and onion. Decorate with sauce and mint leaves.