

MARLEY SPOON



Tacos with fried onion and panko breaded fish

topped with pico de gallo



20-30min



4 Portionen

- 1 rote Zwiebel
- 1 Jalapeño-Chilischote
- 20g Koriander
- 4 Tomaten
- 2 Pck. Romanasalat
- 1 Pck. mexikanische Gewürzmischung
- 2 Pck. Röstzwiebeln ²
- 50g Panko-Paniermehl ²
- 2 Pck. MSC-Alaska-Seelachsstücke ¹
- 16 Minitortillas mit Mais ²

- 100ml Milch ³
- 4EL Weizenmehl ²
- 5g Salz
- 120ml Olivenöl
- 30ml Balsamicoessig ⁴

- große Pfanne
- Sieb

Energie 865kcal, Fett 37.5g,
Kohlenhydrate 95.2g, Eiweiß 36.3g



1. Cut the vegetables

Peel, halve and finely dice the onion. Cut the jalapeño pepper into fine rings. Tip: Remove the seeds for less heat. Roughly chop the coriander including the stalks. Cut the tomatoes into 0,5cm pieces. Halve the romaine and slice it in strips, discarding the stalk.



4. Bread the fish

In a sieve, rinse the fish pieces with cold water, then pat dry. Bread the fish pieces by first coating them with the flour-spice mix, then dipping the pieces into the milk and then coating with the onion-panko mix.



2. Mix the pico de gallo

In a bowl, mix 2Tbsp of olive oil, 2Tbsp of vinegar and ½tsp of salt until well combined. Stir the onions, jalapeño to taste, coriander and tomatoes through the dressing and let the pico de gallo marinate until serving.



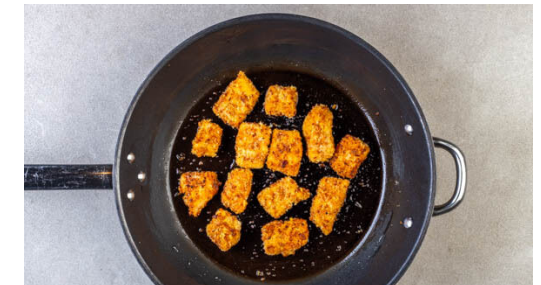
5. Heat the tortillas

In a large pan on medium heat, warm the tortillas in batches for 15-20sec. on each side, without adding oil. Keep warm covered on a plate.



3. Prepare the breeding mix

In a bowl, combine the spice mix with 4Tbsp flour and ½tsp of salt. In another bowl, add 100ml of milk. In a third bowl, lightly crush the fried onions with the back of a spoon and combine them with the panko crumbs. Tip: You can also crush the fried onions using a mortar and pestle, if you have one.



6. Fry the fish

In the same pan, heat up 4Tbsp of olive oil on medium heat and fry the fish pieces on each side for 1-2min. until they are golden and cooked through. Serve the tacos filled with the salad strips and the fried breaded fish pieces, topped with the pico de gallo.