



Fish tacos with Pineapple Pico De Gallo and Yoghurt Mint Sauce



DIFFICULTY: EASY



PREPARATION TIME: 30 MINUTES



COOKING TIME: 10 MINUTES



SERVES: 4

Ingredients

For the pico de gallo:

400 g vine tomatoes
300-350 g pineapple
1 large red onion
1 jalapeño or 1 red chilli pepper
1 bunch of coriander
1 bunch of parsley
2 limes
50 ml olive oil
salt, pepper

For the yoghurt-mint sauce:

250 g natural yoghurt
15 g mint leaves
salt
Juice of ½ lime

Method

For the pico de gallo, wash and halve the tomatoes, remove the core and finely dice the pineapple. Peel and finely dice the onion. Wash and finely chop the jalapeño (alternatively 1 chilli pepper). Wash, shake dry and chop the coriander and parsley.

Wash the limes, grate the zest and squeeze out the juice. Tomatoes, pineapple, onions, jalapeño, olive oil and lime juice into a bowl, mix together and season with salt, pepper, lime zest and herbs. Leave to infuse in the fridge until ready to use.

To make the yoghurt sauce, wash the mint and blend with about 50 g of yoghurt. Mix with the remaining yoghurt in a bowl and season with salt and a little lime juice.

Cut the cod into pieces and season with salt and pepper. Whisk the eggs in a deep dish. Spread the flour and panko breadcrumbs separately on two plates or bowls. First dredge the fish pieces in the flour, then dip them in the eggs and leave to drain. Finally, dredge in the panko breadcrumbs.

Heat 2-3 tbsp of oil on the Teppan Yaki or in a pan. Fry the fish over a medium heat for 6-8 minutes until golden brown all over.

Meanwhile, heat the tortillas on a griddle. Fill with the pico de gallo and fish. Drizzle with yoghurt – mint sauce and serve with fresh limes.

For the fish:

600 g cod fillet

salt, pepper

2 eggs (size M)

4 tbsp flour

80 g panko breadcrumbs

2-3 tbsp olive oil

Also:

12-16 small tortillas (15 cm)

2-3 lime

Notes
