

## Avocado & tomato salsa fish tortillas



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Preparation 20 mins | Cooking 5 mins | Makes 8

- 1 large ripe avocado
- 1 tbs lime juice
- 8 high fibre tortillas
- 35g pkt crispy chicken spice mix (Old El Paso brand)
- 400g boneless white fish fillets, cut into thin strips
- 2 tbs rice bran oil or vegetable oil
- ½ small iceberg lettuce, shredded

### Tomato salsa:

- 200g grape kumatoes or cherry tomatoes, quartered
- ½ cup taco sauce
- ¼ cup coriander leaves, finely chopped

**STEP 1** To make tomato salsa, combine all ingredients in a bowl. Season with salt and pepper to taste. Stir to combine. Set aside.

**STEP 2** Peel and chop avocado flesh. Place into a bowl and add lime juice. Roughly mash with a fork. Set aside.

**STEP 3** Heat the tortillas following packet directions.

**STEP 4** Place spice mix into a large plastic bag. Add fish and toss to coat in mixture. Heat oil in a large non-stick frying pan over medium heat. Pan-fry fish for 1-2 minutes on each side until golden and cooked through. Drain on paper towel. Serve fish with tortillas, tomato salsa, avocado and shredded lettuce.

### Good for you... **AVOCADOS**

*Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.*

