

**LEMON & PEPPER VEGAN CRUMBED FISH TACOS**

2 portions

**INGREDIENTS**

- 2 Fillets of quorn Vegan Fillets (504 g)
- 150 grams of pineapple, diced
- 25 grams of red onions, diced
- 2 jalapeno, diced (28 g)
- 2 tbsps coriander, chopped (4 g)
- Juice of 1/2 lime (22 g)
- 1/4 tsp, cumin, ground (1 g)
- 1/4 tsp, chili powder (1 g)
- 60 grams of cabbage, red, shredded
- 4 tortillas warmed (164 g)

**COOKING METHOD**

- 1° Prepare the Quorn Crumbed Fish Free Fillets with a Lemon & Pepper Crumb according to package directions.
- 2° Meanwhile, toss together the pineapple, red onion, jalapeno, coriander, lime juice, cumin, chili powder, salt and pepper. Let it stand for 5-10 minutes for the flavours to marinate.
- 3° Slice each fillet into 6 strips and serve with the pineapple salsa and cabbage in the tortillas, with lime wedges for squeezing.
- 4° Tips: Substitute pineapple with mango. Add avocado slices or guacamole to the tacos if desired.

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (479 g)	% DRI
ENERGY	100 kcal	481 kcal	24 %
FAT	3 g	13 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	7 g	33 %
CHOLESTEROL	1 mg	3 mg	1 %
SODIUM	226 mg	1081 mg	45 %
CARBOHYDRATE	13 g	60 g	20 %
SUGARS	3 g	12 g	—
FIBER	6 g	28 g	112 %
PROTEIN	10 g	48 g	—