



## Zoom Cook-along

### Fish or Sweet Potato Tacos

with homemade salsa, Pico de gallo

You can use sweet potatoes or fish (or both!) for these delicious, healthy tacos.

'Pico de gallo' is a type of salsa commonly used in Mexican cuisine. It is traditionally made from mixing chopped tomatoes and onions with salt, lime juice and coriander. Translated from Spanish, pico de gallo literally means 'beak of rooster'. Some believe this is because it was originally eaten by pinching the mixture between the thumb and forefinger, so making the shape of a rooster's beak.

## Shopping List (serves 4)

- 8 small corn tortillas (*corn is preferable, and you could use hard shell too*)
- White fish fillets – hake, cod or haddock (*skinless*) x 4
- OR Sweet potatoes x 3 or 4
- Baby gem lettuces x 2
- Hot sauce (*optional*)
- Tomatoes x 4
- Red onions x 2
- Coriander x 1 bunch
- Lime juice
- Plain flour
- Cumin
- Paprika
- Lemon x 1

**Plus:** salt, pepper, olive oil

## Cook-along with Chef Jon Aslet

Fish Tacos  
(or Vegan Option)

5pm Sunday  
21st March

Zoom ID: 898 1226 1934

Passcode: letscook

**Hope**  
15:13  
PINNERS BAPTIST CHURCH



## Equipment

- Chopping board and knife x 2
- Frying pans x 2
- Baking tray x 1
- Bowls x 4
- Kitchen roll



## Recipe

1. Set your oven to **180°C Fan/gas mark 6**.
2. For the **sweet potatoes**, peel them and cut them into wedges. Place them on a baking tray, adding **1tsp cumin, 1tsp paprika** and **2tbsp of oil**, and season well with lots of black pepper and place in the oven. Set a timer for 20 minutes.
3. Cut the **fish fillets** into strips, place into a bowl and add **1tsp of cumin, ½ tsp paprika**, and **4tbsp of flour**, seasoning well and tossing the fillets in the mix. Then place in the fridge.
4. Take a new knife and board. Peel and slice **1 red onion**, cutting it into rings. Place in a bowl with the juice of **1 lemon**.
5. For the pico de gallo, dice the **tomatoes**, half of the remaining **red onion** and the **coriander**, and place into a bowl. Add **2tbsp of lime juice**, stir and season well.
6. Separate the **lettuce** leaves, wash them, and then place them in a bowl and put in the fridge.
7. In a frying pan, add about **1 cm depth of oil** and place on a medium-high heat. Once the oil is hot, reduce the heat to medium and add **fish fillets**, but do not overcrowd the pan. Cook for 3 minutes on each side and then place on a plate lined with kitchen paper.
8. Remove the sweet potato from the oven.
9. Take a new frying pan, or pour away the oil away from the fish pan and wipe it clean. Then place on a high heat and put a taco in for 1 minute on each side.
10. To assemble, take a taco, add a lettuce leaf, some sweet potato wedges or pieces of fish, a spoonful of the pico de gallo mix, some of the pickled onions, and, maybe, some drops of hot sauce!