

## Soft Fish Tacos

Serves 4

4 x flathead/firm white fish fillets, cut into strips  
1 teaspoon ground coriander  
½ teaspoon cayenne pepper  
4 x multigrain/corn tortillas  
¼ red cabbage, shredded  
½ green capsicum, thinly sliced  
Handful of coriander, finely chopped  
¼ cup crumbled goats cheese  
2 limes  
¼ red onion, finely diced  
1 avocado  
1 heaped tablespoon natural yoghurt  
1 x green chilli, finely diced



Combine the cabbage, capsicum, coriander, goats cheese and the juice of 1 lime. In another bowl roughly mash the avocado with the red onion, yoghurt, and green chilli with a pinch of salt and pepper.

Meanwhile, dust the fish with the coriander, cayenne, salt and pepper. Heat some oil in a non-stick fry pan and sear the fish for 1-2 minutes on each side until just cooked through.

Heat the tortillas and then top each with avocado mixture, slaw, fish and serve with lime wedges.