

EACH
224
CALORIES

I absolutely love tacos, and given my choice of filling, I'll always go with cod. These are simply gorgeous and feel so fresh with the zesty lemon and lime flavours. You can really play around with this recipe – change the protein, add mango or chilli, make them totally veggie – the possibilities are endless.

FISH TACOS

MAKES 8 TACOS

Fish

600g cod fillets
300ml water
1 egg
180g plain flour
1 tsp baking powder
1 tsp lemon pepper
seasoning or lemon zest
salt and pepper, to taste

Sauce

6 tbsp light mayo
3 tbsp Greek yogurt

2 tbsp sriracha
juice of 1 lime
1 tsp paprika
1 tsp garlic powder

To serve

soft or hard-shell tacos
lettuce
tomatoes
red onion
coriander
guacamole (see page 46)

- 1 Season the cod fillets with salt and pepper.
- 2 In a bowl, beat the water, egg, flour, baking powder and lemon flavouring.
- 3 Coat the fish in the batter, then cook in a preheated air fryer at 200°C for 14–16 minutes – it's important that the air fryer is piping hot as the fish goes in. Check after 10 minutes to ensure nothing burns – mine usually take 15 minutes.
- 4 While the fish is frying, combine all the sauce ingredients in a bowl and prep your filling ingredients.
- 5 Assemble the tacos with the fish, salad and guacamole and top with the sauce.