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Grenadier Tacos



Nutritional Info: Grenadier is a good source of protein, supporting bone health and muscle mass. 100g of grenadier provides over 100% of an adult's daily requirement for selenium which supports the normal functioning of the immune system. Grenadier is also a good source of iron, phosphorus, and potassium.

Tips: These Mexican inspired favourites are a great way to encourage a more social way of eating. Make up all the ingredients, cook the fish and serve the extra additions in little bowls in the middle of the table to let everyone make up their own combinations. The array of colours from the fresh vegetables in the soft wrap provide a variety of plant phytonutrients to support a balanced diet.

Grenadier Tacos

Ingredients

For the marinade:

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- ½ teaspoon cumin
- ½ teaspoon cayenne pepper
- ½ teaspoon garlic paste
- ¼ teaspoon salt
- 3 medium grenadier fillets

For the aioli:

- 3 tablespoons Mayonnaise
- ¼ teaspoon cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon crushed/pureed garlic
- 2 teaspoons lime juice

Crushed black pepper

Options to serve:

- Soft corn tortillas
- Shredded lettuce
- Shredded red cabbage
- Thinly sliced red pepper
- Mashed avocado
- Fresh coriander
- Fresh cherry tomatoes with olive oil, coriander and crushed black pepper



Method

1. In a large bowl, combine the marinade ingredients add the fish and leave to marinade for 10-20 minutes.
2. In a small bowl, combine all the aioli ingredients and mix vigorously until smooth.
3. Prepare the fillings by finely chopping the vegetables into thin strands. Quarter the cherry tomatoes before tossing in a drizzle of olive oil, fresh coriander and black pepper.
4. Prepare a heavy bottomed frying pan with olive oil over a medium heat. Add the grenadier fillets and cook for 8-10 minutes, until white and flaky. Keep an eye out for bones at this stage and remove.

Turn off the heat, before pouring the left over marinade into the pan. Mix thoroughly until the sauce thickens and fish is broken into small flakes.
5. Heat the soft tortillas in a small pan until golden brown.
6. Bring it all to the table, and have lots of napkins at the ready!



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