

BAJA CALIFORNIA WRAPS

WITH RED CABBAGE SLAW - RECIPE FROM OLIVE MAGAZINE



QUICK

15 mins
prep time

HEALTHY

Cod is a great source of lean protein and a good source of omega-3 fatty acids.

FAMILY



Feeds 5

MEALS

No sides dishes
required – all food
groups covered

INGREDIENTS

- 5 cod fillets
- 1 avocado
- 2 tbs natural yoghurt
- 1 red chilli
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 2 tsp cornflour/plain flour
- Wrap: taco/tortilla/romaine lettuce
- Optional – sprinkle with chopped coriander

RED CABBAGE SLAW

- ½ red cabbage
- 3 limes
- ½ tsp salt

METHOD

1. Put the oven on to 210° C (Fan oven)
2. Thinly slice the red cabbage and put into a bowl
3. Add 1tsp salt
4. And the juice of 1 lime
5. Mix and leave for 20 mins – stirring occasionally
6. Make the spicy topping by mixing 2 tsp smoked paprika, 1 tsp ground cumin, 2 tsp cornflour and ½ tsp salt
7. Cube the cod
8. Toss in the spice mix
9. Put on an oven tray and cook for 10 mins – ideally slightly charred but not overcooked.
10. Make the avocado cream by blitzing the avocado, yoghurt, coriander and juice of 2 limes. Add water to make a pourable sauce
11. Chop a chilli
12. Layer up the wrap, slaw, then cod, then avocado cream, then chilli for those who like.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com