

SERVES 4



SUGAR FREE GLUTEN FREE

** Substitute Product

Giant Grouper Tacos

Shopping List for the fish

600 gm Giant Grouper fillets,
skin off
1 clove garlic, crushed
1 tsp sweet paprika
½ tsp smoked paprika
1 tsp ground cumin
1 tsp salt
½ tsp black pepper
50 ml vegetable oil

Shopping List for Tacos

225 gm plain flour**
40 ml vegetable oil
½ tsp salt
½ tsp baking powder
125 ml cold water

Shopping List for the Salsa

1 cup of diced tomato
1 avocado, diced
½ red onion, diced
Juice of 1 lime
30 ml olive oil
¼ cup chopped coriander
Salt & black pepper

Shopping List for the Sauce

½ cup sour cream
½ cup natural yoghurt
Salt & black pepper

2 cups shredded cos lettuce



Method

1. Using a mixer with a dough hook attachment, combine all the dough ingredients & mix on a medium speed until you have a smooth, soft dough.
2. Cut the dough into 8 equal pieces & roll into circles approx. 20cm in diameter.
3. In a heavy based pan over a medium heat, cook each taco for about 2 mins on each side, (they should puff up a little bit & start to colour slightly). Cover with a clean tea towel and set aside.
4. Mix together the garlic, spices & oil and rub all over the Giant Grouper fillets. Fry in a hot pan until cooked through. Transfer to a serving platter.
5. Mix together the sour cream & yoghurt & season with salt & pepper.
6. Serve the tacos, fish, salsa, sauce & shredded cos lettuce on the table so everyone can make up their own combinations.

Serve immediately