



A MESSAGE FROM DR. RUPY

The delicately spiced fish layered with seasonal root veg, married with a colourful spicy salsa delivers a Mexican flavour with nutritional benefits.

DR. RUPY PAPRIKA COD & SQUASH TACOS

INGREDIENTS

1/2 butternut squash, cut lengthways
2 tsp smoked paprika
2 tbsp olive oil
200g cod fillet
Salt
200g rainbow chard
12 mini soft tacos

Salsa

120g fresh plum tomatoes, diced
1/4 red onion, finely diced
1/2 lime, juiced
1/2 red chilli, finely diced
10g mint, leaves shredded
10g coriander, leaves shredded

SERVES 4

METHOD

1. Heat oven to 180°C. Season squash with half smoked paprika, a drizzle of oil then bake cut side down until very soft. Scoop out flesh and keep warm.
2. Season cod with remaining paprika, a little salt and a drizzle of oil. Bake for 8-10 mins until cooked through.
3. Make salsa by combining all prepared ingredients.
4. In a hot pan with some oil fry chard until wilted.
5. Heat tacos, then build by starting with chard, followed by squash, then cod topped with salsa.

Per portion: Energy 1419 kJ/330 Kcal Fat 14.8g Saturates 2.6g Sugars 8.2g Salt 1.00g