

**OVERALL time: 35 mins**

# BBQ Cape Whiting & Charred Corn Tacos

Give your next fish dish a Mediterranean-inspired makeover! Made with a shake of our Greek Style Lemon & Herb Rub, this Charred Corn Orzo Salad & Cape Whiting is bursting with herby, zesty flavour.

Metric

**Number of servings : 4**

## ingredients

### For the Charred Corn & Beans

- 2 whole corn cobs
- Drizzle of olive oil
- 2 whole avocados, cubed
- 1 tin black beans, drained and rinsed
- 0.5 tsp ground cumin
- 0.5 tsp **Cape Herb and Spice Smoked Paprika**

### For the Chipotle Drizzle

- 0.5 cup sour cream
- 2 Tbsp mayonnaise
- 1 Tbsp **Cape Herb and Spice Chipotle chilli**
- 1 whole lime, juiced
- 1 tsp honey

### For the BBQ Cape Whiting

- Olive oil, for cooking
- 8 round our tortillas, lightly toasted
- 4 fillets Sea Harvest Cape Whiting fillets, defrosted and cut into cubes
- 0.5 cup cake flour
- 2 Tbsp **Cape Herb and Spice Texan Steakhouse Rub**
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

### For the BBQ Glaze

- 0.5 cup **Cape Herb and Spice Sweet & Sticky Chicken BBQ & Grill Sauce**
- 2 tsp **Cape Herb and Spice Texan Steakhouse Rub**
- 2 tsp apple cider vinegar
- 1 tsp honey
- 1 whole lime, juiced

### To serve

- 1 whole tomato, washed and chopped into cubes
- 1 whole red onion, peeled and chopped into cubes
- Flour tortillas, warmed in a dry frying pan
- Fresh coriander, washed
- Fresh lime wedges

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 25 mins**

### Charred Corn & Beans

Bring a large pot of well-salted water to the boil. Add the corn cobs and cook for 4 minutes, then remove and drain well. Pat dry with paper towel, brush lightly with olive oil, and char over an open flame or in a hot frying pan until evenly blistered. Allow to cool slightly, then slice off the kernels. Set aside.

Heat a small saucepan with a drizzle of olive oil. Add the beans, cumin and **Cape Herb & Spice Smoked Paprika**. Cook for 5 minutes, lightly mashing half the beans. Season and set aside.

### Chipotle Drizzle

In a bowl, mix the sour cream, mayonnaise, **Cape Herb & Spice Chipotle Chilli Seasoning**, lime juice and honey. Taste and adjust seasoning and then set aside.

### BBQ Cape Whiting

In a bowl, combine the flour and **Cape Herb & Spice Texan Steakhouse Rub**. Season lightly. Toss the fish cubes in the mixture to coat.

Heat a frying pan over medium heat with a generous drizzle of olive oil. Fry the fish for about 4-6 minutes. Remove from the pan and set aside.

### BBQ Glaze

In the same pan, combine the **Cape Herb & Spice Steakhouse BBQ & Grill Sauce**, **Cape Herb & Spice Texan Steakhouse Rub**, vinegar, honey and lime juice. Simmer for 5 minutes until slightly reduced.

Return the fish to the pan and cook for 2-3 minutes, stirring to coat and glaze the cubes. They should be caramelised and sticky.

### To Serve

Mix the tomato and onion together and season with salt and pepper. Fill each warmed tortilla with beans, BBQ fish cubes, avocado, chopped tomato & onion and charred corn.

Drizzle with chipotle sauce and garnish with coriander. Serve with lime wedges for squeezing over

Recipe by CRUSH Magazine

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