Cape Herb & Spice®

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 fi llets, 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

https://capeherb.co.za
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