

Easy fish tacos with crispy vegetables

Total time **70 mins** 7 mins preparation time 3 mins cooking time 60 mins marinating time

Nutritional facts (per portion):
2547 kJ / 608 kcal

Fat: **19.1 g** Protein: **31.6 g**
Carbohydrates: **74.8 g**

INGREDIENTS

2 portion(s)

| | |
|----------------|--|
| 200 g | Boneless tilapia fillets (or other white fish) |
| 1 tbsp | Kikkoman Naturally Brewed Soy Sauce |
| 3 tsp | Olive oil |
| 0.5 tsp | Honey |
| 0.5 tsp | Kikkoman Spicy Chili Sauce for Kimchi |
| 1 pinch | Garlic granules |
| 6 | Taco shells/mini tortillas |
| 0.5 | red onion (40 g) |
| 140 g | Cherry tomatoes |
| 1 | Avocado |
| 100 g | Radishes |
| 1 | Small cucumber |
| 120 g | Thick natural yoghurt or Greek yoghurt |
| 2 tsp | Dijon mustard |
| 1 tsp | English mustard |
| | Few mint leaves |

PREPARATION

Step 1

In a bowl, mix [Kikkoman Soy Sauce](#), 1 tsp olive oil, honey, and [Kikkoman Kimchi Chili Sauce](#), add pieces of fish, sprinkle with garlic granules, stir. Put in the fridge for at least 60 minutes.

Step 2

Finely chop the onion. Cut cherry tomatoes into smaller pieces. Cut the radishes and cucumber into thin slices. Cut the avocado into slices.

Step 3

Mix natural yogurt with mustards.

Step 4

Heat the remaining olive oil in a pan and fry the fish on both sides. After frying, cool slightly and flake with a fork into smaller pieces.

Step 5

Fill each taco with avocado, radish and cucumber, fish, cherry tomatoes and onion. Decorate with sauce and mint leaves.