

a fresh approach

Mexican Fish Finger Tacos

Serves: 10
Preparation time approx. 20 minutes

Ingredients:

- 20 Birds Eye Foodservice Fish Fingers
- 10 taco shell
- 150g Iceberg lettuce
- 10 tbsp tomato salsa
- 10 tbsp low fat yoghurt



To prepare:

1. Cook fish fingers as per pack instructions
2. Heat tacos to on pack instructions
3. Cut the lettuce
4. Fill the taco with lettuce and fish fingers
5. Top with salsa and yoghurt



Nutrition Information calculated per 100g		
Energy	133	kcal
Carbohydrate	15.0	g
NME sugar	3.5	g
Fat	5.0	g
Saturated Fat	0.9	g
Protein	7.1	g
Fibre	1.0	g
Sodium	165	mg
Vitamin A	15	ug
Vitamin C	3	mg
Folate	20	ug
Calcium	46	mg
Iron	0.2	mg
Zinc	0.2	mg

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