



# FISH BURRITOS

Serves: 4   Ready in: 15 mins   Cost per serve: \$1.85



## Ingredients

4 Basa fish fillets  
1 tbsp taco seasoning  
1 pinch salt  
2 tsp olive oil  
420g canned four bean mix,  
rinsed and drained  
420g canned corn, rinsed and  
drained  
1 head cos lettuce, shredded  
¼ cup low-fat Greek yogurt  
4 wholegrain tortillas or wraps  
2 tsp sriracha or hot sauce  
(optional)

## ✓ Tips

Choose 'no salt added' options for canned items to reduce salt intake.

## Directions

1. Season fillets with taco seasoning and salt.
2. Heat oil in a large pan over medium-high heat. Place fillets in pan and cook for 3-4 minutes on each side. Break up fillets into chunks. Remove from pan and set aside.
3. In the same pan, lightly stir fry beans and corn for 1 minute until corn is slightly charred.
4. In a bowl, mix yoghurt and sriracha (if using).
5. Divide lettuce, beans, corn and fillet chunks amongst tortillas. Top with yoghurt dressing and fold into burritos.



If eating over multiple meals, store burrito ingredients separately and assemble right before serving.

