



# GRILLED FISH AND SPICY COUSCOUS TACOS



4 portions



30 min.



15 min.

## INGREDIENTS

- 500 g of tilapia fish (1 lb)
- 250 ml (1 cup) of frozen corn kernels
- 1 red onion, thinly sliced
- 60 ml (4 tbsp) of olive oil
- Juice of 1 lime
- 8 tortillas (wheat or corn)
- Chopped lettuce
- 375 ml (1 1/3 cup) of Tipiak® Wholewheat Organic Couscous
- 250 ml (1 cup) of tomato juice
- 125 ml (1/2 cup) of water
- 30 ml (2 tbsp) Mexican seasoning
- 250 ml (1 cup) of mayonnaise
- 250 ml (1/2 cup) of fresh basil
- Flesh of 2 ripe avocados
- Juice of 1 lime
- Salt, pepper

## COOKING INSTRUCTIONS

1. Preheat the oven at 225 °C (450 °F).
2. Place the fish, onion and corn on a baking sheet lined with parchment paper. Drizzle with olive oil and lime juice. Season with salt and pepper. Cook in the oven for about 10 to 15 min.
3. Bring the tomato juice and water to boil. Prepare the couscous according to the cooking instructions substituting water with the tomato juice preparation. Set aside.
4. Meanwhile, mix all the ingredient of the mayonnaise in a blender until smooth and homogeneous.
5. Spread the couscous, fish flaked into pieces and vegetables in the tortillas. Top with lettuce and avocado mayonnaise.