

West coast snapper burritos

These burritos are a great way to enjoy fish. Everyone will love customizing their burrito with colourful veggies. This recipe is sure to become a favourite!



30 mins or less



Kid-friendly



PREP TIME
10 min



COOK TIME
10 min



SERVINGS
5 burritos

Ingredients

- 2 large snapper or trout fillets, bones removed, about 350 to 500 g (12 to 16 oz) total
- 10 mL (2 tsp) Sambal Badjak (Indonesian chili paste) or any chili paste
- 60 mL (4 tbsp) all purpose flour
- 30 mL (2 tbsp) extra virgin olive oil
- 125 mL (1/2 cup) 1% fat plain yogurt
- 30 mL (2 tbsp) fresh salsa or chipotle salsa
- 5 small whole grain flour tortillas
- 1/2 small nappa cabbage, shredded or coleslaw
- 1 carrot, grated
- 1 large tomato, diced
- 1/2 medium avocado, diced
- 10 mL (2 tsp) chopped cilantro
- 1 lime, sliced into wedges

Directions

1. Place fish on a plate. Thinly spread the chili paste on both sides of the fish.
2. Dip both sides of the fish in flour to cover lightly.
3. Heat olive oil in non-stick frying pan and cook fish until browned slightly and cooked through.
4. Mix the yogurt and salsa together; set aside.
5. Warm tortilla shells in a clean hot skillet. Place tortillas on clean plates. Divide fish into 5 servings and place the cooked snapper, cabbage, carrots, tomato, avocado, yogurt-salsa mixture and cilantro on tortilla. Add a squeeze of lime.

Tips

- ✓ Change it up! Instead of snapper or trout, use any firm fish such as **tilapia** or **haddock**.
- ✓ **Veg out!** Add more veggies to your burrito. Shredded zucchini, diced cucumbers, strips of peppers and sliced radishes would make great additions.
- ✓ **Older kids** can help prep the cabbage, tomato and avocado. **Little chefs** can mix the yogurt and salsa. Kids, young and old, will have fun assembling their very own burrito.
- ✓ To **store the leftover avocado half**, rub some lime juice all over the cut surface and wrap with plastic wrap. Place in the fridge to enjoy the next day. The lime juice will help keep the avocado from turning brown.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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