

# Garth McColgan Recipe

## The perfect Mexican Summer lunch



Serves

4

Portions  
6 Wraps

Cook  
Time

10

mins

Prep  
Time

25

mins

Perfect  
with...

Grated Mature Red Irish Cheddar



8 Plain/Garlic Tortilla Wraps

*Garth McColgan*

## Seafood Fajitas with Homemade Guacamole and Tomato Salsa

### Ingredients

#### For the Wrap

- 1 pack Prawns (small cold water)
- 1 pack Haddock, cut into chunks
- 1 Lemon, juiced
- 1 Fajitas pack
- Crème Fraiche
- 10ml Sunflower Oil

#### For the Guacamole

- 2 Avocados, blended until smooth
- 1 Lime, juiced
- 1 1/2 tsp Mint Sauce
- 1/2 tsp Sea Salt

### Method

#### For the Taco mix

1. In a hot pan with the oil, cook haddock chunks for 3-4 minutes.
2. Add lemon juice and spices from fajitas pack. Stir and cook for 1-2 minutes.
3. Remove from the heat and add prawns and stir. Leave to one side to cool if you are going to fry the fajitas. See below 'To Serve'.

#### For the Guacamole

1. Scoop out the insides of the avocados into a bowl and blend until smooth using a hand blender.
2. Add the lime juice, mint sauce and sea salt. Stir well.

#### For the Salsa

1. Prepare tomatoes, chilli and coriander as described above.
2. In a large bowl, stir tomato, chilli, coriander and tomato salsa from the fajitas pack together well and serve.

### To Serve

Wrap the fish mixture in the fajitas wrap and serve with some guacamole, salsa and a blob of crème fraiche.

You can re-heat the filled wrap under a grill, in a microwave or sandwich toaster. I prefer to pan fry the wrap in oil until golden brown to give a nice crispy texture.

