



• Cod durum with yoghurt sauce •

Kitchenware:

- A cutting board.
- A knife.
- A vegetable mincer.
- 2 bowls for the egg wash and breadcrumbs.
- A frying pan.
- A tray with kitchen paper.
- 1 toothpick to hold the wrap.
- A bowl to make the sauce.
- 1 fork to make the sauce.
- A manual squeezer/sieve.

DESCRIPTION

Ingredients:

- 5 tortilla breads.
- 3 cod filets.
- 200 g. of breadcrumbs.
- 4 eggs.
- 3 tablespoons of dried oregano.
- 2 tablespoons of paprika.
- Salt and pepper.
- Olive oil
- For the sauce:
 - Five yoghurts (greek style).
 - ½ red pepper.
 - ½ green pepper.
 - 1 lemon.
 - 1 tomato.
 - 1 onion

Directions:

- First, peel the fish, season it with salt and pepper and cut it in slices.
- Next, mince all the vegetables with a vegetable mincer.
- Then, in two bowls mix the eggs with the paprika and the breadcrumbs with the oregano.
- Next, coat the cod with the egg wash and breadcrumbs and deep fry it in oil until is browned.

- Then, set aside over kitchen paper with a simmer.
- Next, made the sauce in a bowl mixing all the ingredients together.
- Finally, place the fried cod over the tortillas, season them with the sauce and wrap them (use the toothpick to hold the wrap if necessary).

SUGGESTIONS

PLEASE MAKE AN EFFORT TO KEEP MATERIALS AND WORKING AREAS TIDY AND LEAVE EVERYTHING CLEAN