

Skewered Swordfish with Crispy Coleslaw



Serves 2

Prep 1 h

Cooking 4 mins

Easy

Ingredients

2 tbsp lime juice
2 tbsp olive oil
a sprinkling of sea salt
freshly ground black pepper
2 x 2 cm thick swordfish steaks, cut into 3 pieces
on the diagonal
1 Chinese leaf (finely shredded)
2 spring onions, finely sliced on the diagonal
50g mange tout, finely sliced on the diagonal
1 tbsp toasted sesame seeds
50ml soy dressing

Soy dressing

1 tbsp sesame oil
50ml soy sauce
1 tbsp balsamic vinegar
1 tbsp sugar

1. Soak 2 wooden skewers in water for 1 h.
2. Place lime juice, oil, salt & pepper in a bowl and stir to combine. Add the swordfish pieces and leave to marinate for at least 1h in the fridge.
3. Meanwhile use a mandolin if you have one to finely shred the Chinese leaf, then place the Chinese leaf, mange tout, spring onions in a bowl and toss to combine with a little squeeze of lime. Cover and refrigerate.
4. Combine the ingredients for the soy dressing and whisk. This sauce is best served separately.
5. Put the swordfish pieces on a skewer. Heat a large frying pan over a high heat and cook each swordfish skewer for 2 minutes, then turn and cook for another 2 mins. Remove from the heat and serve with the soy sauce and the sesame seeds, also served in a bowl alongside.