



CHILLI, CORIANDER AND LIME TEMPURA BATTERED SWORDFISH STEAK,

SERVED WITH ROSE HARISSA AND KEFIR YOGHURT DRESSING WITH
SCRUMPS, CHIPS AND GRILLED LEMON AND LIME.

BUYERS' PICK | *SWORDFISH*



CHILLI, CORIANDER AND LIME TEMPURA BATTERED SWORDFISH STEAK.

Direct Seafoods

INGREDIENTS

PREP TIME: 10 MINS COOKING TIME: 7 MINS SERVINGS: 4 PEOPLE

4 x Swordfish steaks (170-200g each)

2 x fresh limes

2 x fresh lemons

Whole red chillies

Rose harissa paste (5g)

Kefir natural yogurt (80g)

Chips

Fish batter mix (gluten free)

Gluten Free Flour (150g)

Corn Flour (350g)

1 x Lime zest

2 x Chopped red chillies

Chopped coriander (1g)

Very cold sparkling water (400ml)

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METHOD

- Mix all dry ingredients with lime zest, chopped chilli and coriander.
 - Slowly mix in the cold sparkling water.
- Pass the steaks into the batter and then gently lower into hot oil (185°). Cook for 4-5 minutes.
- Whilst doing this put your hands into the batter and then drop some chilli and lime batter into the oil to make “scrumps” / crunchies / scraps.
 - Lift fish and scrumps onto a cooling rack to allow excess oil to drain.
- Mix rose harissa and kefir yogurt. This will produce a “split” dressing.
 - Serve with griddled lime, lemon and chips.