



SUMAC SPICED BREADED SWORDFISH STEAK

SERVED WITH A RADISH, SPRING ONION AND POMEGRANATE SALAD,
DRIZZLED WITH POMEGRANATE MOLASSES AND CHIPS.

BUYERS' PICK | *SWORDFISH*

SUMAC SPICED BREADED SWORDFISH STEAK

Direct Seafoods

INGREDIENTS

PREP TIME: 10 MINS COOKING TIME: 6 MINS SERVINGS: 4 PEOPLE

- 4 x Swordfish steaks (170-200g each)
- Sliced heritage radishes
- Pomegranate molasses sauce
 - Pomegranate seeds
 - Olive oil
- Spring onions
- Chips
- Panko breadcrumbs (100g)
- Sumac Spice (1g)
- Egg and milk, seasoned flour for pané

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METHOD

- Mix 1g of sumac spice with 100g of panko breadcrumbs.
- Pass Swordfish steak through seasoned flour, beaten egg and milk and the sumac flavoured breadcrumbs.
- Drop slowly into hot oil (185°). Cook for 4-6 minutes.
- Prepare the radish, spring onion and pomegranate salad. Drizzle with the pomegranate molasses and olive oil.
- Lift battered Swordfish onto a cooling rack to allow excess oil to drain.
- Serve Swordfish with a radish, spring onion, pomegranate salad and chips.