

# The Slug and Lettuce



## MARINATED SWORDFISH

(SERVES 2)

A catch of a dish!!

Prep time 30 minutes

Cooking time 15 minutes (approx)

20ml Olive Oil

2 Swordfish steaks

100g Yellow Pepper

100g Red Pepper

10g Coriander

60g Onion

40g Salsa

10g Flat leaf parsley

### FOR THE MARINADE;

10ml Olive Oil

4g Pine nuts

1 Lemon – zested

4g Flat leaf parsley

4g Sea Salt

4g Garlic Puree

### METHOD;

Crush the pine nuts, chop the parsley and mix with sea salt, garlic and lemon zest.

Slowly mix in the olive oil. Rub into both sides of the swordfish and cover.

**Tip:** Put into the fridge and leave for 30 minutes, this will leave the swordfish very tender and full of flavour!. Slice the peppers and onion and chop the coriander.

Heat some olive oil in a frying pan and add the swordfish.

Fry for 3-4 minutes on one side and then turn over and cook for a further 3-4 minutes.

Add the peppers and onions to the pan, and place the swordfish on top of them whilst they cook. When the peppers are soft, add the coriander and a squeeze of lemon and mix in the salsa. Put the mixture to the side of a large plate and place fish on a slant on top.

Garnish with flat leaf parsley.

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