

CRISPY SKIN KINGFISH & PAW PAW SALAD

SERVES: 2 as a main

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INGREDIENTS

- 2 South Australian Yellowtail Kingfish skinless portions (approx. 150g each)
- Olive oil
- Salt
- Ground pepper

Salad

- 1 cup green mango
- 1 cup green paw paw
- 1 cup bean shoots
- 1 cup wombok
- ½ Thai basil picked
- ½ cup mint picked
- ½ cup coriander picked

Garnish

- 2 tbs Fried shallots
- 1 tbs roasted sesame seeds

Green Chilli Dressing

- 200g green long chillis - remove seeds
- 25g galangal grated (a little ginger can be a substitute)
- ½ teaspoon garlic chopped
- 250g palm sugar
- 3 coriander roots
- 50ml lime juice
- 3 coriander root

METHOD

1. Combine all Green Chilli Dressing ingredients in a blender & put aside.
2. Combine all Salad ingredients in a bowl & put aside.
3. In a fry pan on medium heat, add oil and when hot, place the South Australian Yellowtail Kingfish skin side down, cook on medium for about 6 minutes until skin is crispy, turn over and cook for another 1-2 minutes until done. Important not to overcook.
4. Remove South Australian Yellowtail Kingfish & place on a plate. Add salad & then pour dressing over salad. Add garnish.

