

## Kay's Essex Road Recipes. July 2015.

### Swordfish Fajitas

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#### **Ingredients:**

You need a meaty fish that won't fall apart when sliced, Swordfish, Tuna, Salmon, Monkfish are all good. You can also make the same recipe with chicken, lean beef or pork fillet but for the meat versions leave out the lime juice at the marinading step.

For 4 people:

1 kilo of filleted fish, skin removed, cut into chunky strips

1/2 tablespoon smoked paprika

juice of 1 lime.

1 medium onion, sliced

1 red , 1 yellow and 1 green pepper seeded and sliced

2 red chillis finely chopped

2 garlic cloves very thinly sliced – so thin that they are almost transparent

handful of chopped coriander leaf

salt and pepper

a splash of tequila or white wine

#### **What to do. ...roughly speaking:**

Dust the fish slices with smoked paprika in a large dish and squeeze lime juice over them. Set aside in the fridge for a couple of hours.

Heat some oil in a saucepan and fry the garlic and onion for a couple of minutes, then add the sliced peppers. Fry for another 5 minutes. Set aside the veg and wipe the pan dry with kitchen paper. Heat a little more oil in the pan. Fry the fish strips for about 5 minutes, turning gently all the time. Add back the onion, peppers and garlic with some salt and pepper. Stir it together gently so not to break up the fish.

Turn the heat up high, splash in the tequila or wine and when it's stopped steaming and spitting turn the heat down again.

Keep cooking for 5 minutes until the fish is cooked through (test this by cutting through 1 of the strips with a fork).

Add more salt and pepper if it needs it, and the chopped coriander leaf just before serving.

(If you're making this dish with meat, cook for longer – 15 minutes)

Serve with the 2 salsas, corn tortilla wraps, refried beans and rice.