



Black sesame seeded Kingfish

Serves 2

50gm black sesame seeds

400gm Yellowtail Kingfish fillet

Asian slaw

½ Chinese cabbage

1 carrot

½ bunch spring onion

½ red capsicum

½ green capsicum

Lime & Wasabi

100ml of Vegetable oil

1 tbs crushed garlic

100ml lime juice

1tbs sugar

1 tube Wasabi

Cracked pepper & salt

Method – Asian slaw

Sprinkle the sesame seeds on both sides of the kingfish & set aside.

In a bowl thinly slice the cabbage, grate the carrot, slice the spring onion, dice the red & green capsicum. Mix together & place on two plates.

Cook the Kingfish with a little sesame oil, place straight onto the Asian slaw & dress with the lime & wasabi dressing.

Method – Lime & wasabi

Heat oil in saucepan remove from heat & add garlic don't let it burn, add lime juice, sugar, wasabi & season. Whisk to combine, chill in fridge till ready to use.



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Tip

The lime & wasabi dressing is great on chilled oysters & can keep in the fridge for two months.