

Seared swordfish steaks

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Nothing beats grilled swordfish steaks on a warm summer's day. Serve with a zucchini and quinoa salad.

Ingredients

- 4 swordfish steaks
- 50g of sesame seeds
- 2 yellow zucchinis, sliced lengthwise
- 25g linseeds
- 2 green zucchinis, sliced lengthwise
- 5g sachet dashi powder*
- ½ cup of quinoa
- 1 cup boiling water
- 2 tbsp seeded mustard
- 1 cup sprouts (aduki or mung bean)
- 4 tbsp tamari
- 2 tsp sesame oil

Method

Roast zucchini slices in a hot oven for 15 minutes on non-stick baking paper. Allow to cool. Place swordfish on non-stick paper under a medium grill and cook for twelve minutes. Keep warm. Arrange

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zucchini slices on serving plates. Spoon quinoa and sprouts over zucchini and then place swordfish on top. Spoon over sesame dressing and serve. Serves 4.

Quinoa - Add quinoa to boiling water and simmer for 10 minutes. Cover and let stand for a further five minutes. Fluff with a fork and allow to cool.

Dressing - Lightly toast sesame seeds. Combine powdered dashi with boiling water. In a mortar and pestle grind sesame seeds with linseeds into a paste. Transfer seed mixture to a mixing bowl and slowly whisk in dashi stock. Mix until desired consistency is reached. Add mustard, tamari and sesame oil and blend well.

*Dashi powder is the base for Japanese stock and is available from Asian grocers.

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