

Fish with creamy avocado tartar

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Dorota Trupp shares some of her favourite fish recipes.

Ingredients (serves 4)

- 2 avocados
- 2 limes, or use one lemon as a replacement
- 1 red chilli, or use two if you like it spicy
- 2 ripe tomatoes
- 3 - 4 tbsp chopped coriander
- 8 - 10 tbsp olive oil
- 500 - 600 g very fresh, raw fish fillet (trout, snapper, tuna, salmon, scallops or any other)
- 3 - 4 spring onions
- 1 tsp freshly grated ginger
- 1 tbsp salted baby capers
- 1 handful of black or green olives
- Salt and pepper, to taste
- A pinch or two of smoked paprika

Method

Place the fish fillet for one hour into the freezer (this will firm the fish meat and makes it easier to cut it later).

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While the fish is freezing, peel the avocados by cutting them into halves.

Remove the stone, peel the skin by pulling stripes off the skin of the fruit (if the avocado does not peel that way, lift the flesh out of the shell with the help of a large chef spoon).

Place the [avocado](#) onto a chopping board and cut it into five to seven millimetre large cubes and into a mixing bowl.

Squash the olives on a chopping board and remove the stones and add to the avocado.

Wash and chop the spring onion finely and add to the avocados.

Chop the chilli finely and add it to the avocados.

Add juice of one lime (or half a lemon), half the coriander, five tablespoons of olive oil, and mix through.

Next, soak the capers for several minutes in plenty of water, strain and wash any excess water off and add to the avocado.

Cut the tomatoes into little three to six millimetre large cubes and place into a separate bowl.

Chop the chilli finely and add with capers, ginger, remaining coriander, olive oil and juice of the lime (or lemon), to the tomatoes.

Season with salt and pepper and mix through.

Remove the fish from the freezer and cut it into very fine cubes.

Add it to the tomato dressing. Divide the avocado into little (volcano-shaped) heaps onto four plates (use a metal ring as aid) and fill each heap with some of the fish mix and sprinkle some smoked paprika over.

Photo credit: [Trupps' Cooking School](#)

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