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Spicy Toothfish Nuggets



Nutritional Info: Toothfish has a high unsaturated fat content, releasing rich Omega-3 fatty acids when cooked, these contribute to brain and visual development in children, and contribute to the maintenance of normal cardiac function in adults. Toothfish is a good source of protein, which contributes to the maintenance of muscle mass and bone health.

Tips: These bites are a crunchy addition to any salad or stir fry, but taste equally delicious simply served alone as a canapé. Play around with the marinade, omitting the spicy paste for a combination of soy sauce, ginger and honey for a different combination or mix up the seeds for a different kind of crunch.

Spicy Toothfish Nuggets

Ingredients

- 1 large toothfish fillet (approx 350g)
- 1 teaspoon turmeric
- ½ teaspoon sumac
- ½ teaspoon paprika
- Pinch of salt
- 2 tablespoon water
- 1 small egg *if you don't have any eggs, omit and replace with 1 tsp of oil and a little bit more water
- ¼ cup chia seeds
- Oil for cooking
- Lemon to serve



Method

1. Cut the fillet into 5cm (2 inch) chunks.
2. Whisk together the spices with the water, egg and salt. Add the chunks and carefully stir until all the fish is completely coated.
3. Add the chia seeds and mix well.
4. Cover and leave for 10 minutes to marinate and soak up some of the bright turmeric colour.
5. On a plate, pour the chia seeds. Place the spiced nuggets onto the seeds and carefully coat all sides.
6. In a large, heavy bottomed frying pan, heat up the oil over a medium heat. Add the toothfish (test the oil temperature by adding a couple of seeds to the pan, ensuring they sizzle and cook as soon as they hit the oil).
7. Cook for 5-10 minutes, turning regularly to ensure all sides are sealed.
8. Serve on a bed of salad before finishing with a squeeze of fresh lemon.
9. Alternatively, dress in lemon juice and serve on skewers as a canapé.



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