

swordfish with bananas

summer



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EST 1981. SYDNEY FISH MARKETS PYRMONT

Swordfish with bananas

Serves 4

2 tablespoons oil
1 onion, thinly sliced
1 small green capsicum (pepper), sliced
pinch of dried chilli flakes
pinch of freshly grated nutmeg
2 tomatoes
2 bananas
4 x 220g swordfish steaks
250ml (1 cup) coconut milk
coriander leaves, for garnish

Fish substitution

Tuna, marlin, mahi-mahi

Heat the oil in a large deep frying or saute pan, then add the onion. Cook for 5 minutes, then add the green capsicum, chilli and nutmeg and cook for a further 3-4 minutes, or until the onion and pepper are soft.

Meanwhile, score a cross in the base of each tomato. Cover with boiling water for 30 seconds, then plunge into cold water. Drain and peel the skin away from the cross. Cut each one into quarters. Peel the bananas and cut into chunks on the diagonal.

Put the swordfish steaks in the pan on top of the onions and capsicum and scatter the tomato quarters and banana over the top. Pour the coconut milk into the pan and season with salt and pepper. Cover and cook gently for 15 minutes, or until the fish is cooked through (it should feel firm when it is ready). Garnish with coriander leaves.

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