

swordfish souvlaki with herb yogurt and couscous

summer



Swordfish souvlaki with herb yoghurt and couscous

Serves 4

800 g (1 lb 12 oz) skinless swordfish fillet, cut into 3 cm (1 1/4 inch) chunks
80 ml (1/3 cup) lemon juice
80 ml (1/3 cup) olive oil
3 bay leaves
16 whole cherry tomatoes or 2 firm tomatoes, each cut into 8 wedges
2 small red onions, each cut into 8 wedges
2 small red capsicums, (each deseeded and cut into 8 chunks)

Fish substitution

Tuna, marlin, flake, kingfish, barramundi.

Put the chunks of swordfish in a non-metallic bowl with the lemon juice, olive oil and bay leaves. Toss to mix, cover and leave to marinate for at least 2 hours in the fridge.

In a small bowl, whisk together the ingredients for the Lemon and herb yoghurt. Refrigerate until needed.

Thread five chunks of fish, two cherry tomatoes, two pieces of onion and two pieces of capsicum onto a metal skewer, alternating between the fish and the various vegetables as you go. You'll need eight skewers in total.

Cook the souvlaki on a chargrill pan or barbecue flatplate for 8-10 minutes. Baste with the remaining marinade as they cook, and turn every now and then. When ready the fish should be firm and opaque and the vegetables slightly charred.

Meanwhile, tip the couscous into a heatproof bowl, pour on the stock and oil, cover tightly and leave to sit for 5 minutes. Fluff the grains with a fork and stir in the butter.

Serve the souvlaki on a mound of couscous, drizzled with some of the yoghurt dressing.

While the country sleeps, George Costi is selecting the finest seafood from his fisherman's catch.

For 30 years, he has been dedicated to bringing Australian families the best.

It is this passion for quality and service that have made De Costi's the largest supplier of fresh seafood in the country and undeniably one of the most respected in the world.

Join us as we reveal our De licious De Costi seafood recipes, available in all our stores for you to enjoy.

Lemon and herb yoghurt

200 g (7 oz) Greek-style yoghurt
3 teaspoons lemon juice
pinch of paprika
1 tablespoon finely chopped mint
1 tablespoon finely chopped parsley

Couscous

400 g (14 oz) instant couscous
400 ml (14 fl oz) boiling stock
1 tablespoon olive oil
30 g (1 oz) butter

