

## **Piri Piri Swordfish with Citrus Quinoa, Smoked Peppers and Crispy Chickpeas**

Recipe provided by Antony Shirley, Executive chef, Seafood Pub Company



### **Ingredients**

4 x swordfish steaks – 175g each

Piri piri marinade

Piquello peppers x 2

Red chilli whole 180g

Sherry vinegar 60ml

Dried oregano 5g

Bay leaf 8

Garlic 100g

Olive oil 200ml

Smoked paprika 10g

For the salad

400g cooked quinoa

Finely grated zest of lemon, lime and orange

Lots of fresh coriander and flat parsley

Smoked or wood roast peppers to garnish

Small tin of cooked chickpeas

Rape seed oil for shallow frying

Bunch of spring onions finely sliced

Method

1. Blend all the ingredients for the piri piri and marinate the sword fish steaks
2. Reserve a little for dressing the final dish
3. Drain the cooked chickpeas of excess moisture and pat dry, heat 1 inch of veg oil to 175c
4. Fry in small batches, be careful as they crackle and pop whilst frying, keep moving them around in the oil so they get an even golden colour
5. Once they are ready they will stop sizzling in the oil, this means all the moisture has been removed, season with salt and a pinch of smoked paprika
6. Make the citrus quinoa, use a microplane or the finest side of the grater. Be careful not to grate down to the pith.
7. Add the spring onions to the quinoa, along with a little of each zest, squeeze in the juice of half a lemon, lime and orange, now add the herbs

8. Season well and dress with a little virgin olive oil
9. Mix together, vary the flavours to your taste, I like lots of herbs balanced with a citrus perfume
10. Cover and leave at room temp until you are ready to use
11. Heat a griddle pan or use the barbeque
12. Season the swordfish and brush with a little oil, cook for 3-4 mins on each side depending on the thickness, it is best served medium but still remains juicy if served cooked through, finish the fish with a some lemon juice
13. Pile a nice amount of the citrus quinoa in the middle of four bowls, sit the fish on top, scatter around some of the smoked pepper, finally dress with the reserved piri piri dressing, some olive oil and the crispy chickpeas