



Sauteed Swordfish over Avocado Green Sauce and Coconut Milk



 @theprimefood

chef

ingredients

how-to



Barbara is a professional cook who studied international gastronomy on the coast of Chile. She lived in Italy for several years, and learned a lot about Italian food and the Mediterranean diet. Her kitchen is a fusion between the place where she comes from (Venezuela) and the places she has lived. Living on the Chilean coasts and studying there, Barbara learned to include seafood in her dishes. More recently, she created The Prime Food to promote her dishes on social media.

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| 1/2 lb of un- skinned swordfish fillet | 3/4 teaspoon pep- per | 2 oz lemon juice |
| 1 clove garlic, minced | 1 teaspoon mus- tard powder | 1 teaspoon ginger |
| 1/4 teaspoon of salt | 4 oz avocado | 4 teaspoons onion |
| | 2 tablespoons co- riander | 1/2 teaspoon chives |
| | | 2 oz coconut milk |

1. Blend the avocado together with the lemon juice, grated ginger, salt, pepper, coriander, coconut milk and onions to form a creamy texture. Set aside.
2. Cut the swordfish into small to medium square pieces. Add paprika, mustard, salt and pepper.
3. Add olive oil to a skillet, when hot cook the swordfish until it has an internal temperature of 145 degrees Fahrenheit. Careful to not overcook as cooking will only take a few minutes
4. Add the avocado sauce on a plate, place the fish on top, finish by adding paprika, chives and a half of the radish.
5. Serve with a fresh tomato salad and a mix of lettuce.