

SWORDFISH WITH CORIANDER PESTO

Makes 4 servings

Per Serve: **Calories:** ~510 kcal, Protein: 28g, Carbs: 6g, Fat: 42g

INGREDIENTS

75g Roasted Peanuts

1 cup Coriander leaves

1 large green chilli

Juice from 1 lime

20ml fish sauce

1 tablespoon grated ginger (or 1 inch chunk)

1 garlic clove

75ml Peanut Oil

4 x 150g Swordfish Steak (sub any firm fish or Tofu)

DIRECTIONS

Blitz peanuts, coriander, chilli, lime juice, fish sauce, ginger and garlic in a food processor or blender

Add oil to form a smooth paste

Spread pesto on both sides of the fish

Place on BBQ plate and cook for approximately 4 minutes then flip over and cook for another 3 minutes.

May take longer if sword fish steaks are very thick.

Serve with a green or tomato salad, some bbq'd greens such as brocollini and if after a big training day add some baked potato or pumpkin.