

## Griddled seafood with fennel and orange salad

Choose whatever seafood and fish you prefer – prawns or langoustines; salmon or tuna – for this quick supper.

SERVES 4

PREPARATION: 20 MINUTES

COOKING: 10 MINUTES

### DRESSING

- 1 tbsp Lemon juice
- 1 tbsp Orange juice
- 1 tsp Dijon mustard
- 2 tbsp Extra virgin olive oil

- 2 Small fennel bulbs, root and top trimmed and finely sliced lengthways
- 1 Orange, peeled and thickly sliced
- 2 tbsp Small, unpitted black olives
- 500g Salmon fillet or tuna steak, quartered
- 16 Raw tiger prawns, peeled and butterflied
- 2 tbsp Olive oil

Whisk the lemon and orange juice, mustard and oil until thickened. Season with sea salt and pepper. Toss the fennel in the dressing with the orange slices and olives. Set aside.

Heat a griddle pan. Toss all the fish and seafood in olive oil, season and heat on the griddle in batches for 2–3 minutes on each side, until just cooked through. Arrange the salad on plates with the seafood on top.

PER SERVING: 428 KCALS/30.4G FAT/5G SATURATED FAT/13G SALT/5.2G SUGARS

**The Corker recommends** *A classy fish dish like this deserves the smooth, seamless yet balanced fruits of one of South Africa's increasingly impressive Chardonnays. Rustenberg Chardonnay 2005 Stellenbosch, South Africa. Bin 21053; £9.99.*



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