

Local Swordfish Kokoda, Lemongrass and Spearmint Teaish Kokoda, Lemongrass and Spearmint Tea



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Food
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Immunity Inspired by Tea Recipes
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Immunity Inspired by Tea Recipes

Used Teas



Green Rooibos
Lemongrass &
Spearmint

Ingredients

Local Swordfish Kokoda, Lemongrass and Spearmint Tea

- 1 white fish fillet (about 1 kg), skinned and pin-boned (or snapper, blue-eye trevalla or tuna)
- Juice of 2 large limes
- 1 tsp. cracked black pepper
- Salt
- 2 tsp. Dilmah Green Rooibos Lemongrass and Spearmint Infusion
- 4 small green chillies, chopped
- ½ bunch coriander, ½ chopped and sprigs picked, to serve
- 1 small red onion, finely diced
- 3 vine-ripened tomatoes, peeled and diced
- 2 shallots, chopped
- 250ml (1 cup) coconut cream

Methods and Directions

Local Swordfish Kokoda, Lemongrass and Spearmint Tea

- Cut the fish into 1cm pieces and place in a bowl with the lime juice and add Dilmah Green Rooibos Lemongrass and Spearmint Infusion. Toss to coat and leave for 3 minutes or until the fish turns opaque.
- Add the onion, coriander, chilli, tomato and shallots and combine well.
- Add the coconut cream and pepper and season with salt. Serve immediately, scattered with the coriander.