

Tomato & Chilli Swordfish skewers with Coriander Noodles

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Shopping List

Serves 4

600 g	swordfish cut into cubes
3 tbsp	tomato paste
3 tbsp	sweet chilli sauce
1 tbsp	minced Garlic
3 tbsp	oil
1 pkt	Udon Noodles
1	lime juice
½ bnch	coriander
1 tsp	fish sauce

Method

1. Soak 10-12 bamboo sticks in hot water for 30 mins.
2. Place tomato, garlic, oil, chilli sauce and fish in a bowl to marinate.
3. Cook Hakubaku Udon Noodles as directed on the packet.
4. Toss noodles in the lime juice, coriander and fish sauce.
5. Pan fry or grill swordfish on medium heat for 10-15 minutes, turning when halfway cooked. A little water can be added to the pan to keep the fish moist.
6. Serve swordfish on the coriander noodles