

Episode 7 Fiji: Kokoda Raw Fish Salad

Serves: 2 Preparation time: 30-40 mins Cooking time: 10 mins

Ingredients

850g snapper fillet, marinated and diced
185ml lemon juice (for marinade)
2 tomatos, de-seeded and diced
1 red onion, sliced
Several spring onions, finely chopped
1 green capsicum, chopped
1 red chilli, minced
100ml fresh coconut cream, smoked
2 emptied coconuts, to plate dish

Method

Use a sharp knife to cut on either side of the centre line of bones in each snapper fillet, and discard the bones. Cut the snapper into 1cm pieces.

Marinate the raw fish in lemon juice for a minimum of 30 minutes or until fish is opaque but still soft.

De-seed and dice the tomatoes, slice the red onion, chop the capsicum and finely chop the spring onions. Add the minced chilli for an extra kick of flavour and colour.

Add freshly squeezed coconut cream to the cut vegetables and stir gently. Add in the marinated fish into the coconut cream mixture and stir thoroughly but softly.

Place the salad in the coconut bowls and serve with a pinch of salt and pepper.