

BBQ Fish Tacos

Monkfish

- 700g monkfish tail, membrane removed, cut into large bite-sized pieces
- 2 tbsp rapeseed oil
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp garlic powder
- ½ tsp onion powder
- Pinch of chilli flakes
- Zest of 1 lime
- Salt and freshly ground black pepper

Lime & Red Onion Slaw

- ¼ white cabbage, finely shredded
- 1 carrot, julienned
- 2 spring onions, sliced
- ½ a red onion really finely sliced
- Handful fresh coriander
- Juice of 2 limes
- 2 tbsp mayonnaise
- 1 tsp honey
- Salt and pepper

Avocado Crema

- 2 ripe avocados
- 150g Greek yogurt
- Juice of 1 lime
- 1 garlic clove
- Coriander to taste
- Salt to taste
- Blend until smooth.

To Serve

- 8 small corn or flour tortillas
- Lime wedges (charred on the grill is a nice touch)
- Fresh coriander
- Pickled red onion

Method

1. Mix all the spices with the rapeseed oil and coat the monkfish.
2. Leave to marinate for 20 minutes.
3. Make the slaw and allow it to sit while the fish marinates.
4. Blend the avocado crema until silky smooth.
5. Ensure the BBQ Grill or a heavy frying pan is very hot. Cook the monkfish for 2–3 minutes per side. Avoid overcooking, as monkfish becomes firm quickly.
6. Warm the tortillas on a dry pan or directly on to the BBQ for a slight char.

Spread a spoonful of avocado crema on each tortilla, add the monkfish, top with lime slaw and finish with red onions, fresh coriander and a squeeze of lime.

Add a chipotle-lime mayonnaise (mix 100g mayonnaise with 1 tsp chipotle paste and the juice of half a lime). It adds a smoky, creamy kick that pairs beautifully with the sweet monkfish.

Enjoy!

~Jenny

