

MARLEY SPOON



Cajun Fish

with Corn and Zucchini Slaw



20-30min



4 Portions

Bring the smoky spicy flavours of Louisiana to your table with this quick and easy recipe for blue grenadier marinated in paprika, cayenne, thyme and oregano. Inspired by the Cajun tradition of blackening food, we've chargrilled both the fish and the corn, and teamed them with a tangy slaw of zucchini and red cabbage.

What we send

- spice blend, cajun spice ¹⁷
- red cabbage
- corn cob, zucchini
- coriander, shallot
- blue grenadier fish fillets ⁴

What you'll require

- olive oil
- sea salt and pepper
- sugar
- white wine vinegar ¹⁷

Utensils

- large frypan
- mandoline (optional)

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Use an Asian-style vegetable peeler or mandoline to cut the zucchini into thin strips. Alternatively, coarsely grate the zucchini.

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 340kcal, Fat 13.0g, Carbs 17.1g, Proteins 34.0g



1. Cook corn

Heat a large frypan or chargrill pan over medium-high heat. Remove husks and silks from the **corn cobs**. Add the corn to the pan and cook, turning occasionally, for 6-8 mins until lightly charred and tender. Set corn aside to cool and reserve pan to cook fish.



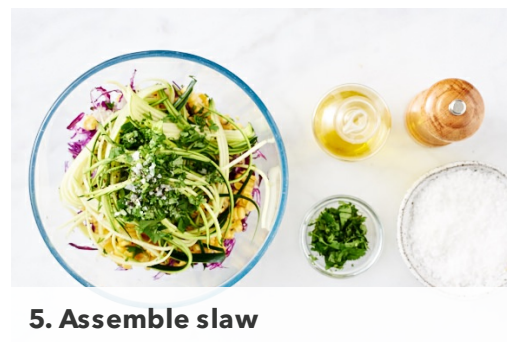
4. Cut cabbage and corn

Remove the core from the **cabbage**, if any, and very thinly slice (use a mandoline if you have one). Lay corn cobs on a board and cut away the kernels.



2. Prepare zucchini

While the corn is cooking, cut the **zucchini** into long thin strips (see cooking tip). Finely chop the **shallot**. Put the **zucchini** and **shallot** in a large bowl with the **vinegar**, **sugar** and a large pinch of **salt**. Stir to combine and set aside for at least 10 mins to marinate and soften.



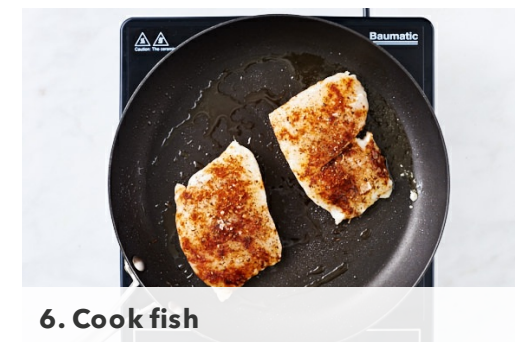
5. Assemble slaw

Finely chop the **coriander**, including the stems, and add most of it to the zucchini mixture. Add the **cabbage**, **corn** and the **remaining oil**. Season with **salt and pepper**, and toss until well combined.



3. Marinate fish

Rub the **fish** on both sides with **half the oil**. Sprinkle the flesh with the **spice blend** and season with **salt and pepper**.



6. Cook fish

Heat the pan over high heat. Add the **fish**, skin-side down, and cook for 2 mins each side or until lightly charred and just cooked through. Divide among plates with the slaw and scatter over the **remaining coriander** to serve.