



## Seared Kawakawa with garlic & black pepper

*Searing is the very best way to enjoy appealingly fatty Kawakawa — truly the highest grade “steak of the sea”!*



### Ingredients (for 2 servings)

200 g Kawakawa filet, cut in half  
1 clove garlic, sliced  
Pinch of salt  
2 T olive oil  
Coarsely ground black pepper, as needed  
(A)  
1 T butter  
2 t soy sauce  
1 t lemon juice  
Watercress & other fresh vegetables, as needed

### Directions

1. Sprinkle the fish with salt and let rest for about 5 minutes. Dab off moisture with paper towels.
2. Drizzle olive oil in a frying pan and add garlic. Remove garlic when crispy and crunchy. Add 1 and quickly sear the surface of the fish until browned all over. Dish up and sprinkle with plenty of coarsely ground black pepper.
3. Heat (A) in a different frying pan and drizzle over
2. Garnish with the garlic from 2 along with plenty of watercress and other fresh vegetables.

Also try substituting tuna, Yellowtail, bonito, mackerel, or white-fleshed fish!