



Popcorn Fish Salad

Ingredients

4 tuna fillets, boneless and skinless
1 lime, juiced
150 g flour
3 eggs, beaten
150 g cornmeal
3 tablespoon of Winfresh Ginger Pepper Jelly
Oil for deep-frying
Sea salt and Winfresh dry red pepper

Directions

Chop the tuna fillets into bite size pieces. Place in a bowl and squeeze over the lime juice. Drain fish then allow marinating for 5 minutes with sea salt, Winfresh Dry Red Pepper and Winfresh Ginger Pepper Jelly. Dip fish in flour, then in beaten egg and finally cornmeal. Heat the oil in a deep-fryer to 180C. Lower in the first batch of fish and cook until golden and crispy. Drain onto kitchen paper. Repeat until all the fish are cooked.

Salad Mix

Lettuce
Fresh baby spinach leaves
Radishes, sliced
Red onion, sliced thinly into rings
Cherry tomatoes, cut into halves
Yellow bell pepper, cut into strips
Honey Mustard or Ranch salad dressings

Mix lettuce, spinach, radishes, red onion, tomatoes and bell pepper in a large bowl. To serve, divide the salad mix onto four plates. Top each salad with Popcorn Fish portions and serve with your choice of Honey Mustard or Ranch salad dressing.