

Moroccan Kingklip

a zesty seafood dish



A light and healthy dish featuring Moroccan spices, served on a bed of steamed spinach with a zesty salsa.

Prep Time: 10-15 minutes. Cook Time: 15-20 minutes.

Ingredients:

For the Kingklip:

- 100g Kingklip fillet
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tsp Coriander
- Salt and pepper, to taste
- Cooking spray

For the Spinach Medley:

- 100g Spinach, steamed

For the Salsa:

- 20g Tomatoes, chopped
- 20g Onion, chopped
- 1 tbsp Fresh parsley, chopped
- 1 clove Garlic, minced
- Juice of 1 Lemon
- Salt and pepper, to taste

Method:

1. Preheat the air fryer to 180°C. Season the Kingklip fillet with paprika, cumin, coriander, salt, and pepper.
2. Spray with cooking spray and place in the air fryer. Cook for 10 minutes or until cooked through.
3. In a bowl mix together the chopped parsley, minced garlic, lemon juice, salt, and pepper, chopped tomatoes and chopped onion.
4. Steam the spinach with a little water with salt, pepper and lemon juice
5. Place the spinach on a plate, top with the Moroccan Kingklip and then salsa.

Chef's Tip

Feel free to adjust the spice levels according to your taste. You can also serve this dish with a side salad or cauliflower rice instead of the spinach and salsa.