



CLONAKILTY

SWEET CHILLI & LIME SEAFOOD COCKTAIL WITH BROWN BREAD



IRISH YOGURTS

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Sweet Chilli & Lime Seafood Cocktail with Brown Bread

Recipe by Chef Edward Hayden

Ingredients

- 1 ½ lb/600g seafood mix (raw)
- ½ lemon
- ½ head iceberg lettuce-shredded finely
- 3 small shallots/6 stems spring onions-finely sliced
- 3 tablespoons Irish Yogurts Clonakilty 0% Fat Greek Style Natural Live Yogurt
- 3 tablespoons sweet chilli sauce



- Dash Tabasco Sauce
- Juice of ½ lime
- Pinch paprika/cayenne pepper
- 1 lime-cut into wedges to garnish

Directions

• For the Seafood

- Bring a medium sized saucepan of water to the boil.
- Add the lemon and some black peppercorns and then plunge in the raw fish
- Allow the mixture to come back up the boil and ensure the fish is cooked through (A food probe is ideal for this or just break a piece open to check)
- Remove from the water and allow to cool down completely.

• For the Salad

- Put the shredded lettuce into a large mixing bowl and add the sliced shallots and mix well. Divide the mixture between 6 individual presentation glasses or place into a large shallow bowl.
- In a separate bowl mix together the yogurt, tobasco, lime juice and the sweet chilli sauce until well combined.
- Neatly arrange the seafood on top of the shredded lettuce in the chosen glasses or bowl and then pour a little of the sweet chilli and lime yogurt on top of each. Sprinkle with a little pinch of paprika or cayenne pepper and garnish with some wedges of lime. Serve with some homemade brown bread.
- Feel free to add diced tomatoes, cucumbers, peppers, red onions etc if desired