

# AQUNA MURRAY COD AL PASTOR TACOS




Recipe by  
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*Life tastes better our way*



AQUNA



Enjoy this modern Mexican marinade matched with the firm texture and mild flavour of crispy-grilled Aquna fillets, will make every day taco Tuesday!

## INGREDIENTS

4 x 200g Aquna Murray Cod fillets  
½ medium pineapple, peeled

### MARINADE

2½ tbsp extra virgin olive oil,  
plus extra for brushing  
8 garlic cloves, grated  
2 tsp dried oregano  
1 tsp ground cumin seeds  
1 tsp cracked black pepper  
½ tsp ground cloves  
2 tbsp smoked paprika  
½ jar of peeled, roasted red capsicums  
180ml pineapple juice  
80ml apple cider vinegar  
Sea salt flakes

### TO SERVE

16 warm corn tortillas  
1 large brown onion, finely diced  
2 avocados, halved & thinly sliced  
2 bunches coriander, stems and leaves  
coarsely chopped  
Fish sauce to taste  
3 limes, cut into wedges

## METHOD

1. Heat oil in a medium saucepan over a medium-high heat to a light haze. Add the garlic and cook, stirring occasionally, for about 1 minute until lightly coloured.
2. Reduce the heat to medium. Add the oregano, cumin, pepper, smoked paprika and clove. Cook until fragrant, about 1 minute. Add the peppers then cook, stirring, for 5 minutes until it begins to fry. Don't cook too long as the spices will start to burn. Add the pineapple juice, and vinegar. Bring to the boil. Remove from the heat and stand for 5 minutes.
3. Pour the chilli mixture into a blender and blitz to a smooth puree. Season well with salt. In a large bowl, add the Aquna fillets and turn to coat.
4. If using a charcoal grill, make sure the grill is hot with evenly burnt-down embers. Before grilling the fish, brush the peeled pineapple with oil. Grill the peeled pineapple over a high heat, turning every 3-4 minutes, until evenly charred on the outside with tender flesh inside. Keep the pineapple warm on a cooler part of the grill. Or, remove and cover with foil.
5. Brush the Aquna fillets with oil and grill on a wire rack set over the grill bars, skin-side down, over a medium heat. Cook the first side for approx. 3-4 minutes, to allow the marinade around the fish to develop a crust. Turn the fish to the other side and cook for a further 2-3 minutes allowing the marinade to develop nice colour.

*Tip: The cooking time will vary, depending on the heat of the grill. It could take up to 8-10 minutes. Check by inserting a probe thermometer close against the skewer. The temperature should not exceed 46-48°C (115-118°F). Remove from the grill and rest for 2 minutes.*

6. Thinly slice the pineapple into bite-sized pieces. Place in a serving dish with a squeeze of lime and a splash of fish sauce, to taste.
7. To serve, place the cooked Aquna fillets in the centre of a serving plate. In a separate bowl, place the warm corn tortillas in a tea towel to keep warm. Combine the raw diced onion with a splash of fish sauce and chopped coriander. Keep separate, for serving.

