

OVERALL time: 30 mins

Chargrilled Corn Orzo Salad with Lemon & Herb Cape Whiting

Get that classic steakhouse flavour you crave with a shake of our Texan Steakhouse Seasoning, a savoury and spicy blend that instantly adds a wow factor to any dish. Take taco night up a notch with these Cape Whiting & Charred Corn Tacos.

Metric

Number of servings : 4

ingredients

For the fish

- Olive oil, for cooking
- 4 fillets Sea Harvest Cape Whiting fillets, defrosted
- 3 Tbsp **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- Salt and pepper, to taste

For the green dressing

- 1 cup Plain Greek yoghurt
- 2 whole spring onions, roughly chopped
- 10 g rocket, washed
- 5 g parsley, washed
- 1 whole avocado, peeled and flesh scooped
- 1 clove garlic
- 1 Tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 whole lemon, juiced
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

For the corn salad

- 350 g orzo, cooked al dente and cooled
- 2 whole corn cobs

- 2 whole ripe avocados, cubed
- 2 small cucumber, finely diced
- 1 whole red onion, finely chopped (optional)
- 0.5 cup garden peas, blanched

To serve

- Parmesan shavings (optional)
- 2 Tbsp pumpkin seeds, toasted
- 1 whole spring onion (green part only), thinly sliced on the diagonal
- 10 g fresh rocket, washed
- Reserved peas and charred corn

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 15 mins

Cape Whiting fillets:

Place the **Cape Herb & Spice Lemon & Herb Rub** on a plate.

Drizzle the Sea Harvest Cape Whiting fillets with olive oil, then roll in the seasoning, coating evenly on all sides.

Heat a frying pan over medium-high heat with olive oil.

Cook the fish for about 3 minutes per side until just cooked. Set aside.

Green Dressing:

Blend the yoghurt, spring onions, rocket, parsley, avocado, garlic, mayonnaise, mustard, honey and lemon juice until smooth.

Season to taste and set aside until ready to use.

Orzo Corn Salad:

Bring a large pot of well-salted water to the boil.

Add the corn cobs and cook for 4 minutes, then remove and drain well.

Pat dry with paper towel, brush lightly with olive oil, and char over an open flame or in a hot frying pan until evenly blistered.

Allow to cool slightly, then slice off the kernels.

In a large bowl, combine the cooked orzo, corn, cucumber, red onion (if using) and peas.

(Note: you can reserve some peas and corn to add to the top of the salad as garnish).

Add half the dressing and gently toss to coat.

Check the consistency and add more dressing as needed.

Serve any remaining dressing on the side.

To Serve

Finish the orzo salad with Parmesan shavings, fresh rocket, toasted pumpkin seeds, spring onion greens and any reserved peas and corn. Serve alongside the fish with lemon or lime wedges for squeezing over.

Recipe by CRUSH Magazine

<https://mail.capeherb.co.za>

Metric

ingredients

For the fish

- Olive oil, for cooking
- 4 fillets Sea Harvest Cape Whiting fillets, defrosted
- 3 Tbsp **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- Salt and pepper, to taste

For the green dressing

- 1 cup Plain Greek yoghurt
- 2 whole spring onions, roughly chopped
- 10 g rocket, washed
- 5 g parsley, washed
- 1 whole avocado, peeled and flesh scooped
- 1 clove garlic
- 1 Tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 whole lemon, juiced
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

For the corn salad

- 350 g orzo, cooked al dente and cooled
- 2 whole corn cobs
- 2 whole ripe avocados, cubed
- 2 small cucumber, finely diced
- 1 whole red onion, finely chopped (optional)
- 0.5 cup garden peas, blanched

To serve

- Parmesan shavings (optional)
- 2 Tbsp pumpkin seeds, toasted
- 1 whole spring onion (green part only), thinly sliced on the diagonal
- 10 g fresh rocket, washed
- Reserved peas and charred corn

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 15 mins

Cape Whiting fillets:

Place the **Cape Herb & Spice Lemon & Herb Rub** on a plate.

Drizzle the Sea Harvest Cape Whiting fillets with olive oil, then roll in the seasoning, coating evenly on all sides.

Heat a frying pan over medium-high heat with olive oil.

Cook the fish for about 3 minutes per side until just cooked. Set aside.

Green Dressing:

Blend the yoghurt, spring onions, rocket, parsley, avocado, garlic, mayonnaise, mustard, honey and lemon juice until smooth.

Season to taste and set aside until ready to use.

Orzo Corn Salad:

Bring a large pot of well-salted water to the boil.

Add the corn cobs and cook for 4 minutes, then remove and drain well.

Pat dry with paper towel, brush lightly with olive oil, and char over an open flame or in a hot frying pan until evenly blistered.

Allow to cool slightly, then slice off the kernels.

In a large bowl, combine the cooked orzo, corn, cucumber, red onion (if using) and peas.

(Note: you can reserve some peas and corn to add to the top of the salad as garnish).

Add half the dressing and gently toss to coat.

Check the consistency and add more dressing as needed.

Serve any remaining dressing on the side.

To Serve

Finish the orzo salad with Parmesan shavings, fresh rocket, toasted pumpkin seeds, spring onion greens and any reserved peas and corn. Serve alongside the fish with lemon or lime wedges for squeezing over.

Recipe by CRUSH Magazine

<https://mail.capeherb.co.za>