

"Give me
a Mandy
Mum!"



Kim McCosker
Co-founder of 4 Ingredients

AUSSIE MANDARIN FISH THREADS

SERVES 8

INGREDIENTS

**1 Aussie Mandarin, segmented
with pips removed**

**1 large fish fillet, diced into
equal sized chunks**

1 green capsicum, diced

2 tbs olive oil

METHOD

Thread fish, capsicum and Aussie Mandarin segments alternately onto skewers, season with sea salt, black pepper and drizzle with oil. Heat a char grill pan over a medium heat and cook for 5 minutes, turning until the fish is cooked through.

PLATING

For some red, add a wedge of Spanish onion.



Aussie Mandarins