

Friday: Bulgogi Swordfish – Korean Style

Ingredients

2 x 8oz Swordfish Loins ([£9.50 from MuscleFood](#))

150-200g Thai jasmin rice

2 tbsp soy sauce

2 tbsp rice wine vinegar

1 tbsp sesame oil

2 tbsp gochujang paste

3 garlic cloves – crushed

1 tsp grated ginger

Olive oil

Vegetables to serve

Method

1. Mix together the soy sauce, rice wine vinegar, sesame oil, gochujang paste, garlic and ginger in a jug.
2. Place swordfish loins in a shallow dish, score the surface of the loins but keep it shallow.
3. Pour the mixture over the swordfish and rub in, cover with cling film and marinade in the fridge for 3-4 hours.
4. Remove the loins 30 minutes before serving.
5. Boil rice for 10 minutes.
6. Using kitchen roll, rub olive oil onto a griddle pan. Heat until 'medium hot'.
7. Drain the loins of the marinade but keep aside.
8. Fry the loins in the griddle pan, 2-3mins each side, move to a separate plate to rest.
9. Pour the marinade plus any juices from the griddle pan into a saucepan and gently simmer. Pour into a serving jug and set at the table.
10. Drain the rice and serve along with the swordfish and and veg.
11. Tuck in