

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in

“Foodie Thursday”.

Quick Jerk Sea Bream with herb couscous

ready in under 25 minutes!



Ingredients – serves 4 people

4 sea bream fillets (pin boned, skin slashed 5 or 6 times)	1 Tbsp ginger powder
4 Tbsp sunflower oil (for cooking)	1.5 Tbsp dried thyme
2 limes (cut in half)	1 Tbsp ground black pepper
½ a medium onion (roughly chopped)	3 Tbsp honey
4 spring onions (roughly chopped)	2 Tbsp soy sauce
8 garlic cloves (roughly chopped)	1 Tsp salt
100gm prepared pineapple (shop bought or roughly chopped)	½ Tbsp nutmeg powder
1 scotch bonnet or habanero chilli pepper (roughly chopped)	150gm couscous
1 Tbsp cinnamon powder	1 Tsp dried chives
1 Tbsp all spice powder	300gm boiling water
	2 Tbsp olive oil
	Pinch sea salt
	1 red pepper (de-seeded & sliced thinly)



Method

Place onion, spring onion, garlic, pineapple, chilli pepper, cinnamon, all spice, ginger, thyme, black pepper, honey, soy sauce, salt and nutmeg into a food processor.

Blitz to a paste.

Divide the jerk marinade between the sea bream fillets and mix ensuring the marinade gets into the slashes on the skin. Leave on the side.

Place couscous into a glass bowl, add chives and salt then top with boiling water. Cling film the bowl and leave to cook.

Heat a non-stick pan over a high heat. Add the oil and then place the sea bream fillets skin side down. Cook for 2–3 minutes then turn each fillet over and allow to cook for a further 2–3 minutes, turning the heat down slightly.

Remove the cling film from the glass bowl. Add the olive oil and then stir with a fork to loosen the grains. Add the red pepper strips and mix through.

Serve the sea bream fillets on top of the couscous with half a lime on the side.

Notes from the chef:

The intensity of the marinade can be reduced by using less chilli.

Mango may be substituted for the pineapple.

Charring the pineapple and/or onions in a hot dry pan first adds a smoky complexity to the marinade.

Any marinade left over will keep safely in the fridge for several weeks in an air-tight container.

The marinade works well with chicken, but these should be cooked under the grill or in the oven.

Place the sea bream fillets in a zip-lock bag then add the marinade and massage the contents gently to keep your hands clean and spice free!