

Dukkah Crusted Marlin Steaks

Ingredients

4 Marlin Steaks

3 Tbsp. Wildings Sesame & Coriander Dukkah

1 1/2 cups of fresh Breadcrumbs

2 Eggs

2 Tbsp. Milk

1/2 cup Cornflour

Olive Oil (preferably spray)

Method

Preheat oven to 200° C.

Combine breadcrumbs and Dukkah in a large flat bowl.

Whisk eggs and milk to create an egg wash. Place cornflour in a clean bag with the steaks and toss until coated. Shake off any excess.

Roll the steaks through the egg wash and then through the dukkah/breadcrumb mix.

Place on an oven tray that has been covered with baking paper. Lightly spray each side of the steak with oil and bake for 15-20 minutes, turning after 10 minutes. Serves four.

Serving Suggestion

Serve with mash or a Greek style salad.

This recipe contains no preservatives, additives or M.S.G and is high in flavour and is very easy to prepare.