

“Give me  
a Mandy  
Mum!”



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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**