2 x 200 g Toothfish fillets  
Cajun spice  
Vegetable oil  
1 L water  
Pinch of salt  
1 cup jasmine rice  
1 carrot, juliened  
½ red onion, sliced thinly  
100 g red cabbage, sliced thinly  
100 ml sweet chilli sauce  
50 ml fish sauce  

**Step 1:**  
Heat the oven to 180°C. Cover both sides of the Toothfish fillets with Cajun spice. Heat a little vegetable oil in a frying pan and brown both sides of the Toothfish fillets. Place on a baking tray and bake for 12 to 15 minutes until cooked. Boil 1 litre of water with a pinch of salt in a sauce pan and add 1 cup of Jasmine rice. Cook for 10 minutes and drain.  

**Step 2:**  
Whilst the Toothfish is cooking prepare the Asian slaw. Julienne (cut into long thin strips) carrot, red onion and red cabbage. Mix with the sweet chilli sauce and fish sauce.  
*Top tip – add a red pepper to your vegetables to give more colour.*  
Serve on the side with your freshly cooked blackened Toothfish and jasmine rice.

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**FALKLAND ISLANDS**

**Blackened Toothfish Fillet with Asian Slaw and Jasmine Rice**

Although the Falkland Islands do not fall within CCAMLR waters, regulations on fishing methods and effects have mirrored CCAMLR requirements, leading to zero seabird mortality as a result of fishing activities over the last several years. Dedicated observers are on board throughout the year.

The waters are well patrolled by air and sea, safe-guarding the fishery against illegal operations. Since the mid-1990s there has been no recorded incident of IUU fishing for Toothfish in Falkland Islands waters.

In 2007, CFL and the Fisheries Department undertook a jointly-funded research program into the life-cycle and breeding patterns of local Toothfish, which is used to monitor stock assessment, manage the total allowable catch and ensure long-term sustainability of the fishery.

**We are proud to have sustainable Falkland Islands Toothfish on our menu**

- Texia Muñoz (Junior Sous Chef),  
Malvina House Hotel, Stanley, Falkland Islands