

SMOKED AQUNA COD, AVOCADO, ASPARAGUS AND PISTACHIO SALAD



Life tastes better our way



AQUNA
Sustainable Murray Cod



INGREDIENTS

1 x 250g piece of smoked
Aquna Murray Cod
10 x large cherry tomatoes
1 x handful of butter lettuce
1 x ripe avocado
5 x chat potatoes
1 x bunch of asparagus
100g pistachio kernels
20g sugar
5g water

PREP: 30 MINUTES

COOK: 20 MINUTES

SERVES: 2 PEOPLE

METHOD

SALAD

1. Boil the chat potatoes (whole and skin on) in salted water until tender.
2. Strain from water and allow to cool, once cool cut the potatoes in half.
3. Pan fry in a small frying pan (cut side down) with good quality olive oil to get a nice golden colour – set aside.
4. Clean and trim the tail ends off the asparagus, pan fry with olive oil until tender, season with salt and pepper, set aside.
5. Clean and cut the cherry tomatoes in half, set aside.
6. Cut the avocado in half and remove the seed. Remove the flesh with a large dessertspoon, set aside.

PISTACHIOS

1. In a small saucepan add sugar and water.
2. On a small tray, warm the pistachio kernels in an oven.
3. Heat over medium heat until the sugar dissolves. Keep heating until a light caramel forms (be careful not to burn).
4. Add warm pistachios to sugar and quickly stir so the sugar coats the pistachios.
5. Cool on a tray. Once cool, blitz slightly in a food processor to resemble a rough crumb.

FISH

1. Cut the smoked fish into large chunks.

TO ASSEMBLE

1. Starting with the lettuce, add all prepared ingredients to a bowl.
2. Place fish on top and add a good drizzle of olive oil and season with salt and pepper.
3. Finish with a generous sprinkle of the pistachio crumb



P: +61 269 625 470

W: WWW.AQUNA.COM

RECIPE #16



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