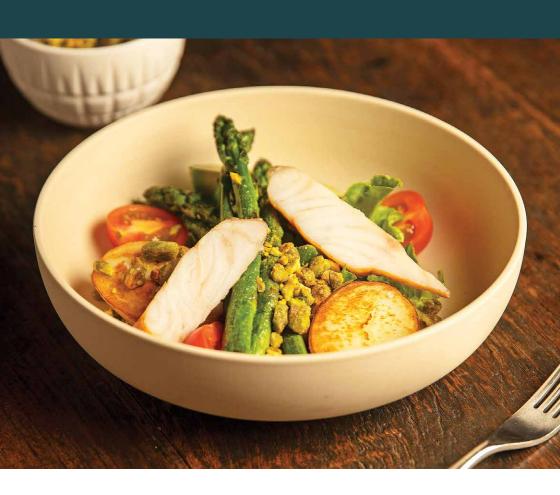
SMOKED AQUNA COD, AVOCADO, ASPARAGUS AND PISTACHIO SALAD



Life tastes better our way





INGREDIENTS

1 x 250g piece of smoked Aguna 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

PREP: 30 MINUTES COOK: 20 MINUTES SERVES: 2 PEOPLE

5g water

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

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