



Crispy fish & veggie bowl with a pea dip

Crispy fried fish doesn't mean you need to deep-fry in a lot of oil. A lightly seasoned flour adds lots of flavour and crispiness to nuggets of fish. Frying these over the correct heat in an AMC unit gives you the best results. This homemade pea dip is a delicious take on typical mushy peas that are served with fish. Enjoy with fresh salad ingredients of your choice for a colourful, wholesome meal for the whole family.

INGREDIENTS

Serves 4 - 6

Pea dip

250 ml (1 cup) frozen peas, rinsed
80 ml (1/3 cup) plain yoghurt
10 ml (2 tsp) chopped fresh mint
15 ml (1 tbsp) chopped fresh Italian parsley
lemon juice, salt and pepper

Fish

100 ml cake flour
30 ml (2 tbsp) sesame seeds
finely grated rind of 1 lemon
10 ml (2 tsp) paprika
2,5 ml (1/2 tsp) mild curry powder
10 ml (2 tsp) ground cumin
5 ml (1 tsp) dried mixed herbs
750 g - 1 kg firm line fish, like hake or dorado, cut into cubes
75 ml (5 tbsp) olive oil

To serve

200 g broccoli, cut into florets

1/4 cucumber, sliced
1 red or yellow pepper, seeded and thinly sliced
2-3 handfuls baby spinach leaves
1-2 ripe tomatoes, cut into wedges
2 carrots, coarsely grated
lemon wedges
extra sesame seeds (optional)

METHOD

- 1. Pea dip:** Blend all the ingredients together with a stick blender and season to taste.
- 2. Fish:** Mix flour, sesame seeds, lemon rind, spices and dried herbs together in a shallow dish. Season to taste.
- Heat an AMC 24 or 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area.
- Meanwhile, toss half the fish in the flour mixture until well coated. Spoon out and shake off the excess flour.
- Heat a thin layer of the oil in the pan and fry fish cubes in batches on all sides until golden brown and cooked. The fish should still be juicy and not dry. Spoon out and keep warm.
- Repeat the process in more batches with the remaining fish, seasoned flour and oil.
- 7. To serve:** While frying the last batch of fish, place the broccoli with 100 ml of water in an AMC 20 cm Gourmet Low. Heat over a medium temperature until the Visiotherm® reaches the first red area. Simmer for 5 minutes or until just cooked, but still bright green in colour. Drain and allow to cool slightly.
- Serve fish and broccoli with the remaining veggies in individual bowls. Enjoy with the pea dip and a squeeze of lemon juice. Sprinkle extra sesame seeds over the fish, if preferred.