

Poached fish with Guacamole and pan-fried potatoes @ 5pm Saturday 08/08/2020

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 2

Ingredients:

Fish

- About 170 gr or 6.1 oz skin on fish/person
- 2 tsp salt

Guacamole

- 1 avocado, de stoned and peeled
- 1 tomato, seeds cut out and diced
- 1 tbsp chopped coriander
- 1 tbsp chopped chives
- 1 shallot onion, chopped fine
- 1 garlic clove, peeled and crushed
- 1 chilli, chopped fine
- ½ lemon, juice only
- 1 pinch of sea salt

Pan fried potatoes

- 3 medium potatoes
- ½ tsp paprika powder
- ½ tsp sumac
- Salt & pepper to taste
- Rapeseed oil for frying

Method:

Bring a large pan of water to a boil. Add the salt.

When the water is boiling turn the heat off. Add the fish and put the lid on. Leave for 20 minutes.

Rinse the potatoes and cut into cubes, skin on. Heat oil in a frying pan and add the cubed potatoes. Add the spices and pan fry until the potatoes are cooked, 15-20 minutes.

Place the peeled and de stoned avocado and place in a bowl before mashing it. Add the lemon juice, garlic, chopped herbs, chilli and sea salt and mix. Let it stand until you are ready to serve.

Take the fish out of the water on to household tissue to drain. Gently remove the skin before plating.

Vegi Alternative:

Roasted Butternut squash: Oven 175C/350F/Gas mark 4. Cooking time: 30 minutes or until cooked through

Ingredients:

- ½ small butternut squash/pp, cut in half and de seed, cut a criss cross pattern
- Olive oil, about 1 tbsp
- 1 pinch Salt
- 1 pinch Pepper
- ½ tsp Sumac
- 1 tsp Sunflower seeds
- 1 tsp Sesame seeds
- 1 pinch Chilli flakes
- 1 garlic clove, peeled and crushed
- 1 tbsp chopped coriander + more for garnish

Mix the oil with the spices and smother the butternut squash before placing it in the oven and roasting for about 30 minutes, or until soft all the way through.

Serve with the pan fried potatoes and the guacamole.