



Jewfish with pea textures

By Shannon Bennett

35 minutes

Preparation time

40 minutes

Cooking time

4 serves

Serves

INGREDIENTS

4 x 150 g Jewfish fillets, skin off, pin boned 4 baby leeks, washed 1 cup green lentils 1 cup red lentils 1 carrot, peeled and cut brunoise Sea Salt to taste

Pea Puree

250 g frozen peas 75 g butter Sea Salt to taste

Herb Butter

4 tablespoons butter
2 tablespoons parsley,
finely chopped
1 shallot, finely chopped
6 sage leaves, finely
chopped
6 mint leaves, finely
chopped

To Serve

50 g pea tendrils

METHOD

- 1. Pre-heat oven on Grill at 220°C.
- 2. Place leeks in a perforated steam tray and steam at 100°C for 2 minutes. Refresh in cold water and pat dry with paper towel.
- 3. Place green lentils in a solid steam tray, cover with boiling water and steam at 100°C for 10 minutes.
- 4. Place red lentils in a solid steam tray, cover with boiling water, add to the steam oven with the green lentils and steam at 100°C for a further 15 minutes or until just al dente.
- 5. Drain both lentils and set aside in a small saucepan.
- 6. Place carrots in a perforated steam tray and steam at 100°C for 2 minutes, then mix the cooked carrot in with the lentils.
- 7. Place leeks on the grilling and roasting insert, placed in the universal tray. Grill leeks until coloured.
- 8. Place fish fillets on a baking paper lined perforated steam tray and steam at 70°C for 8 minutes. Season with salt to taste.

Pea Puree

- 1. Place peas in a perforated steam tray. Steam at 100°C for 2 minutes and then place in the bowl of a food processor.
- 2. Season the steamed peas with salt and blend to a smooth puree with the butter. Set aside ready for serving.

Herb Butter

1. Heat butter in a small pan on medium heat, Induction setting 5 until melted. Increase heat to medium-high, Induction setting 7-8 and continue to cook until the butter has reached a nutty brown colour. Add the herbs and stir to combine.

To Serve

- 1. Place fish on one side of a warmed plate and drizzle with the herb butter.
- 2. Place 2 tablespoons of pea puree on the opposite side of the plate in a line to match the fish.
- 3. Top the puree with 2-3 tablespoon of lentil and carrot mix and scatter on the pea tendrils for garnish.