



ULTIMATE FISHERMAN'S FEAST

with salsa verde and a lemon cream sauce

Serves: 4 | Prep time: 20 minutes | Cooking time: 20 minutes | Easy to make

INGREDIENTS

8 Large Farmed West Coast oysters, shucked and loosened | 8 Large Argentinean or Vannamei Prawns, deveined and cleaned

Sardines // 8 Fresh or frozen sardines, cleaned, back bone removed and butterflied open // 100g brined vine leaves // 20g pine nuts, toasted // Zest of 1 lemon // 100g smooth cottage cheese // Handful of dill, chopped // Salt and pepper to taste

Mussels // 1kg mussels, cleaned and scrubbed // 125ml White wine (Chenin Blanc or Sauvignon Blanc)

Calamari // 1kg Calamari tentacles and tubes, cleaned // Olive oil // Salt and pepper to taste // Juice of 1 lemon

Salsa Verde // 20g Italian parsley // Zest and juice of 1 lemon // 2 garlic cloves, minced // 100ml Extra virgin olive oil // Salt and pepper to taste

Lemon cream sauce // 15ml Olive oil // 1 medium onion, finely chopped // 2 garlic cloves, minced // 100ml prepared chicken stock // 500ml fresh cream // Zest and juice of 2 lemons // Salt and pepper to taste





METHOD

Sardines // 1. Mix together the cottage cheese, pine nuts, lemon zest, dill and seasoning. // 2. Spread a spoonful of the filling in each sardine and fold it closed. // 3. Wrap each sardine in 2 or 3 vine leaves and season to taste. // 4. Pan fry the sardines in butter for 3 minutes on a side until crispy and cooked.

Mussels // 1. Pour the wine into a large pot and bring to the boil. // 2. Add the mussels, cover with a lid and steam for 4 minutes or until they have just opened.

Calamari // 1. Place a large frying pan on the stove on a high heat. // 2. Mix together the calamari tentacles and tubes, olive oil and seasoning and flash fry until they curl up and are slightly charred. // 3. Pour over the lemon juice and mix through.

Salsa Verde // 1. Finely chop the parsley and add the garlic, lemon zest and juice, olive oil and seasoning. // 2. Mix together and place in the fridge until use.

Lemon Cream sauce // 1. Pour the olive oil in a saucepan and add the onion and garlic. // 2. Fry until cooked and slightly browned and add the stock, cream, lemon zest and juice and season to taste. // 3. Cook on a low heat until thickened.

Assembling your Fisherman's Feast // 1. Pan fry your prawns in some butter for 4 minutes or until cooked. 2. Arrange your oysters, prawns, mussels, sardines and calamari on a platter and serve with the salsa verde and lemon cream sauce.