

BURBOT FILLETS, CITRUS QUINOA, AND RAW AND COOKED CAULIFLOWER

Ingredients (For 4 people)

- For the marinade
- 1 dl olive oil
- 2 limes (juice and zest)
- Salt and pepper
- 400 g burbot fillet
- For the dressing:
- 1 thinly sliced onion
- 100 g cauliflower in small pieces
- 2 dl coconut milk
- 3 dl water
- 1 tsp turmeric
- For the quinoa
- 300 g quinoa (1 volume of quinoa to 1.5 volume of water)
- 1 vegetable stock cube
- 1 orange (zests and chunks)
- Lime chunks
- 12 chopped mint leaves
- To serve:
- 200 g raw cauliflower (violet, white and green)
- Celery leaves to garnish

Preparation:

For the oil into a salad bowl. Add the zests and juice of the two limes. Season with salt and pepper and marinate the burbot fillet, chopped into segments of 2 cm. Meanwhile, wash and cut the cauliflower.

Sear the burbot in a non-stick pan and reserve.

For the dressing:

Pour half of the remaining marinade into the pan, sweat the onion and add the cauliflower.

Add the coconut milk, water, turmeric, salt and pepper, and leave to reduce over low heat. Mix and reserve.

For the quinoa:

Rinse the quinoa well in clear water.

Pour 450 ml of water into a saucepan, dissolve the vegetable stock cube in it, and add the zests of an orange. Cook the quinoa uncovered.

Pour the cooked quinoa into a bowl and add the orange and lime chunks and chopped mint leaves.

Finely slice the raw cauliflower and brush on the rest of the marinade.

To serve: Arrange the slices of raw cauliflower in a rose shape on each plate. Shape the quinoa using a round mould, turn it onto the plate, and top with the turbot fillets. Sprinkle with dressing and garnish with a bit of minced mint, orange chunks and a celery leaf.

