



Quinoa coated sardines, served on sautéed black quinoa accompanied with chakalaka and fresh vegetables



Chef Citrum Khumalo (South Africa)

Serves: 4

Ingredients:

For the fish

2 cans sardines
2 eggs
1 cup fresh milk
1 cup quinoa flour
1 litre cooking oil
Salt
Pepper

For the quinoa

1 cup quinoa
2 tbsp onion, chopped
1 cup vegetables, sautéed in wok
2 tbsp oil

For the chakalaka

2 tbsp onion, chopped
1 ½ cup tomato, diced
2 tbsp tomato paste
½ cup kidney beans, cooked
1 carrot, diced
1 celery stalk, chopped
1 green pepper, chopped
1 scotch bonnet pepper, chopped
4 tbsp cooking oil
2 tbsp fresh coriander (cilantro)
½ tsp cumin seeds
4 tsp turmeric
1 tbsp cayenne pepper
1 tsp ground cinnamon
4 tsp masala
2 tsp cumin powder

For the garnish

Microgreens

Preparation:

- Begin by cooking the quinoa in 3 cups of water and a pinch of salt until tender. When cooked, place in a clean bowl and set aside.
- To prepare the sardines, begin by mixing 2 eggs, the milk and a pinch of salt.
- Place quinoa flour on a dish, seasoned with salt and pepper. Dust the fish with the flour, dip in the beaten egg and finish by coating with flour. Place on a clean dish and keep in the refrigerator.
- Keep the liquid from the fish for the chakalaka.
- For the chakalaka, begin by heating a pan with 2 tablespoons of oil. Sauté 2 tablespoons of onion, celery and carrot, and continue cooking for 2 minutes. Add all the spices and cook for another 2 minutes. Add the tomato and tomato paste and continue cooking for 5 minutes. Add the beans and the liquid from the fish and cook until everything is well combined. Set aside and keep warm.
- Heat another pan with 2 tablespoons of oil and sauté the remaining onion. Add vegetables previously sautéed in a wok and cook for 3 minutes. Add the quinoa and continue cooking until all the ingredients have combined well and are cooked.
- Heat 1 litre of oil and deep-fry the fish until golden brown. Dry off the oil with a paper towel.
- Serve the fish on the quinoa and top with the chakalaka. Garnish with microgreens.
- For a vegetarian version of this dish, eliminate the sardines, add the quinoa to the chakalaka, without the fish liquid, and serve topped with microgreens.

