

Spring Freshtival

Fish & Sweet Potato Chips

INGREDIENTS

400g sweet potato, peeled, cut into fries
1 tsp rice bran oil
2/3 cup panko breadcrumbs
1 tsp lemon rind
1 egg
360g white fish fillets, cut into portions

Tartare Sauce

2 egg yolks
1 tsp Dijon mustard
1 cup olive oil
1 tbsp white wine vinegar
2 tbsp finely chopped gherkins
1 tbsp finely chopped capers
1 tbsp finely chopped fresh flat-leaf parsley
1 tbsp lemon juice

METHOD

- 1 Preheat Airfryer to 180C.
- 2 Place sweet potato and oil in a medium bowl and toss to coat. Place in basket. Arrange separating grill on top of sweet potato.
- 3 Combine breadcrumbs and lemon rind on a shallow plate. Season with salt and pepper. Whisk egg on another shallow plate. Dip fish into egg to cover, then press into breadcrumbs to coat. Lightly spray with oil and place on separating grill. Place basket in Airfryer. Cook for 12 minutes or until fries are golden and tender and fish is golden and the flesh flakes with a fork.
- 4 Combine egg yolks and mustard in a bowl. Gradually add oil in a thin stream, whisking constantly until thickened. Add vinegar, gherkins, capers, parsley, and lemon juice. Stir to combine. Cover and refrigerate.

Serve fish with sweet potato fries and homemade tartare sauce.

Spring Green Risotto

INGREDIENTS

1 tbsp olive oil
60g unsalted butter
1/2 leek, white part only, chopped
2 garlic cloves, finely chopped
200g arborio rice
100ml vermouth or dry white wine

1L hot vegetable stock
150g frozen peas, thawed
100g sugar snap peas, trimmed, halved
1 bunch asparagus, trimmed, thinly sliced
1 zucchini, thinly sliced
Large handful baby spinach
1/2 cup (40g) finely grated Parmesan

METHOD

- 1 Heat the olive oil and 20g butter in a large saucepan over a medium-high heat until the butter foams. Reduce heat to medium-low, add the leek and garlic and stir for 6-8 minutes until tender and translucent.
- 2 Add the rice. Stir for a minute or so to toast the rice and coat it in oil, then add the vermouth or wine and bring to the boil.
- 3 Add the hot stock, one ladleful at a time, stirring until each ladleful is absorbed before adding the next. Stir for 10-15 minutes until the rice is almost tender.
- 4 Add peas, sugar snap peas, asparagus, and zucchini, and stir to combine. Cook for 1-2 minutes until bright green and tender, then stir through the baby spinach to wilt. Stir in the grated Parmesan and remaining butter to combine.

Serve hot, scattered with finely grated Parmesan, chopped thyme and mint, with finely grated lemon zest.

All ingredients are freshly sourced and available seasonally from The Square Mirrabooka retailers
John's Fresh Fish Mart, Mirrabooka Bakery, Mirrabooka Fresh, Shaheen Store, The Meat Giants

Spring Freshtival

Prawn Bites with Green Goddess Dip

INGREDIENTS

300g sweet potato, cut into 3mm slices	¼ cup chopped fresh chives
1 tbsp olive oil	½ cup fresh continental parsley leaves
2 avocados	1 lemon, rind finely grated
70g (¼ cup) whole egg mayonnaise	2 tsp lemon juice
2 anchovies, chopped	12 medium cooked prawns, peeled, deveined, halved lengthways

To Serve: Finely chopped fresh jalapeño chilli, and lemon wedges

METHOD

- 1 Preheat oven to 200C. Grease a baking tray and line with baking paper. Place the sweet potato slices on prepared tray. Drizzle over the oil and season with salt. Roast, turning halfway through, for 30 minutes then set aside on tray to cool.
- 2 Place the avocado flesh, mayonnaise, anchovy, chives, parsley, lemon rind and juice in a food processor and process until well combined. Then season to taste.
- 3 Arrange the sweet potato slices on a serving platter. Dollop with the green goddess dip and top with the prawn halves.

Sprinkle with jalapeño and serve with lemon wedges.

Mini Pancakes with Lemon Curd & Raspberries

INGREDIENTS

150g (1 cup) plain flour	1 egg
2 tbsp caster sugar	40g butter
1 ½ tsp baking powder	140g (½ cup) lemon curd
¼ tsp bicarbonate of soda	125g (½ cup) dollop cream
1 tsp finely grated lemon rind	125g raspberries
250ml (1 cup) buttermilk	

METHOD

- 1 Combine the flour, caster sugar, baking powder, bicarb, and lemon rind in a bowl. Place buttermilk and egg in a jug and whisk to combine. Whisk buttermilk mixture into the flour mixture until combined.
- 2 Melt one-quarter of the butter in a large frying pan over medium heat. Drop 2 teaspoonfuls of mixture into the pan, spreading slightly to form a circle. Repeat with mixture to cover base of pan in mini pancakes. Cook for 1-2 minutes or until bubbles appear on the surface. Flip and cook for another minute. Transfer to a plate. Repeat, in batches, with remaining butter and mixture to make 36 pancakes in total. Set aside to cool.
- 3 Spread a little lemon curd over 1 pancake. Top with another pancake, lemon curd and a final pancake. Dollop with a little cream, lemon curd and finish with a raspberry. Insert a skewer and transfer to a serving platter.
- 4 Repeat assembling with remaining pancakes, curd, cream, and raspberries.

