

## IN MY KITCHEN RECIPE – EPISODE 12

**Chef:** Arnold Tanzer

**Dishes:** Chourizo and fish pasta

Cucumber and mint mixed leaf salad with mustard dressing

### Chourizo and fish pasta

**Serves:** 2

**Time:** 40 mins

#### **Ingredients:**

- 2 x 200g Fresh linefish
- 2 tbsp olive oil
- 2 tbsp butter
- 400 gm whole-wheat penne pasta
- 2 tbsp extra-virgin olive oil, plus extra (optional) to serve
- 100 gm chourizo, cut into lardons
- 1 small onions, sliced
- 2 garlic cloves, finely chopped
- 450 ml chicken stock
- 1 lemon, finely grated rind and juice only
- 300 gm peas
- ½ cup loosely packed mint leaves, coarsely chopped
- 40 g finely grated pecorino, plus extra to serve



#### **Method:**

1. Cook pasta in a large pot of boiling salted water until al dente (10-12 minutes), drain and return to pan
2. Meanwhile, heat olive oil in a frying pan over medium-high heat, add chorizo, onion and garlic, stirring occasionally until onion is tender and chorizo is crisp (3-4 minutes)
3. Meanwhile heat the olive oil and fry the fish skin side down for 3 minutes
4. Turn the fish over and add the butter
5. Continue to fry, turning down the heat and basting every once in a while or pop into the oven for seven minutes
6. Add stock and lemon rind, season to taste and bring to boil
7. Add peas, cook until just tender (1-2 minutes), remove from heat
8. Remove fish from oven and toss into pasta
9. Add to pasta with lemon juice, season to taste, toss to combine, add mint and pecorino, toss to coat
10. Serve immediately with extra olive oil, if desired, and extra pecorino.

## **Cucumber and mint mixed leaf salad with mustard dressing**

### **Ingredients:**

- 1½ tbsp brown mustard seeds
- ⅓ cup white wine vinegar
- ⅓ cup dry white wine
- 1 tbsp castor sugar
- 1 small red onion, thinly sliced
- 2 cucumbers, peeled into ribbons
- 2 tbsp lemon juice
- ⅓ cup extra-virgin olive oil
- 5 baby cucumbers, quartered lengthways
- 2 handfuls firmly packed rocket, watercress and baby spinach leaves
- ⅓ cup firmly packed mint leaves



### **Method:**

1. Combine mustard seeds, vinegar, wine, sugar and 1/3 cup water in a saucepan, season to taste, then bring to the boil over medium-high heat
2. Add red onion and simmer for 2 minutes, remove from heat, then add cucumber and stir to combine
3. Stand for 5 minutes, then using a slotted spoon transfer cucumber and onion to a bowl
4. Return pan to heat and simmer for 5 minutes or until reduced to 1/3 cup, remove from heat and whisk in lemon juice and olive oil and season to taste. Cool
5. Combine pickled cucumber and red onion, baby cucumbers, mixed leaves and mint in a large bowl with mustard seed dressing and toss to combine. Arrange in a bowl and serve immediately.