

Cuban Pescado Estofado

A healthy dish, combining Latin American flavours with a colourful combination of legumes and vegetables with different textures. Serves four.

Ingredients:

1 Tbsp	Olive Oil
1 clove	Garlic
1 small	Onion
1 Dsp	Stuffed Green Olives
1/4	Green Capsicum or 1 Tbsp Red Capsicum strips
1 tsp	Spice powder
250 gm	Green peas
1	Bay leaf
30ml	Sherry
½ can	Chopped tomatoes
500g	Kingfish

Black Beans

180g	Black beans, cooked until soft
1 small	Onion
2 cloves	Garlic
½	Green Pepper, finely chopped
1Tbsp	Bell Pepper, finely chopped
To taste	Bay leaf, oregano, ground cumin, fresh coriander, salt, pepper
2 tsp	Brown sugar
1 tsp	Vinegar
20 ml	Chicken stock
20 ml	Sherry



Directions:

Cut the Kingfish into chunks, season with spice mix and sauté in large pan.

Sauté onion and garlic in large pan, add sherry and deglaze the pan, add tomatoes, olives, peppers, bay leaves and bring to simmer. Place kingfish back into the pan, and transfer to oven for 20 minutes until the kingfish is cooked.

Black Beans

Sauté onion, peppers and garlic in large pot, add cooked black beans, oregano and ground cumin, deglaze with vinegar and sherry, add brown sugar and a little chicken stock. Season to taste, add chopped coriander if you like.

Serve with white rice.