



# DE'LISH 1 RECIPES

## EPISODE 2 - FUSION 2

**STARTER: PEAR AND PRAWN SALAD**

**MAIN: ROSE AND CUMIN CHICKEN**

**DESSERT: PINEAPPLE SHERBET**

### **STARTER: PEAR AND PRAWN SALAD**

#### **Ingredients**

250g pears, sliced and mixed with lemon juice to prevent browning  
250g prawn meat, peeled and poached  
1 green chili, finely chopped  
1 small cucumber, 'spaghet-tied' on a mandoline, or cut as desired  
1 small red pepper, seeded and finely diced  
2 tbsp fresh coriander, chopped

#### **dressing:**

1 small yellow pepper, seeded and roughly chopped  
1 tbsp ginger, crushed  
30ml honey honey  
30ml apple cider vinegar

salt and black pepper to taste

#### **Method**

- Puree dressing ingredients in a blender and season.
- Mix salad ingredients in a bowl. Season.
- Plate salad and dress as desired.

### **MAIN: ROSE AND CUMIN CHICKEN**

#### **Ingredients:**

4 chicken breast fillets  
100ml rose water  
30ml ground cumin

#### **stuffing:**

120g cream cheese  
100g dried apricots, chopped  
1 red chili, crushed

#### **khichari:**

100g split red lentils  
500ml water  
200g basmati rice, washed and drained  
1/2 tsp turmeric

1/2 an onion  
1 tbsp butter, for frying

#### **chutney:**

100g coriander  
100ml coconut cream  
1 green chili, chopped  
1 clove garlic, chopped  
5ml ginger, grated  
30g cashew nuts  
juice of small lemon

100g mixed seasonal veg

olive oil for frying

salt and black pepper to taste

#### **Method**

- Pocket chicken breast fillets and marinate in rose water and cumin overnight.
- Cook lentils and rice with turmeric according to package instructions. Season.
- Seal fillets in a pan with hot oil to retain juices and to brown. Mix stuffing ingredients and stuff into pocketed chicken breasts. Roast fillets in oven for 8 to 12 minutes until cooked.
- Puree all chutney ingredients in a blender. Season to taste.
- Fry onions in butter and season.
- Saute veg in olive oil just before removing chicken from oven. Season.
- Plate khichari using ring mould, then top with chutney, then chicken breast, then onions. Arrange veg around centre and garnish with fresh rose petals and coriander.

### **DESSERT: PINEAPPLE SHERBET**

#### **Ingredients**

2 pineapples  
250g castor sugar  
1 tsp salt  
1 tbsp roasted and ground cumin seeds  
2 tbsp fresh mint  
2 cups cold still water

#### **Method**

- Peel pineapples and cut into chunks.
- Blend with sugar, salt, cumin seeds and mint.
- Mix in still water and serve.