



Cooking with Jax Hamilton

Pan Fried Gurnard w. Linguine in a Hummus and Dill Sauce

This spring dish is elegant and delicious. Feel free to experiment with your vegetables, asparagus would work exceptionally well with the nutty hummus.

Prep time: 10 min
Cook time: 10 Min
Serves: 4
Dietary: Fish

Ingredients

500g Pasta Vera linguine
Drizzle olive oil
Small knob butter
2 shallots, finely chopped
Handful fresh dill, finely chopped (stems too)
200g Pasta Vera hummus
200ml warm stock (chicken or vegetable)
30g fresh spinach / silverbeet, chopped
4 gurnard fillets (120g each)
Zest half a lemon
Fresh parmesan, garnish



Method

Fill a saucepan of water, season generously with salt. Bring to a boil. Gently tumble in your linguine. Cook as directed on the packet.

Drizzle oil and add butter to a pan, when sizzling sprinkle in the shallots, cook for 2 – 3 minutes then add the chopped stems ONLY.

Cook until soft, fragrant and gorgeous. Stir in the hummus and stock. Taste and season.

Add chopped spinach. Stir for a further 2 minutes.

In a separate pan, add a drizzle of oil and pan fry your gurnard (white fish) fillets, until both sides are golden. Remove from the heat and keep warm.

Add drained pasta to the sauce. Sprinkle in the chopped dill leaves and lemon zest.

Serve : Divide the pasta into bowls, add parmesan, then top with a golden fillet of gurnard

Jax Says : Plant based dishes, use vegetable stock and top with pan fried tofu, asparagus or simply as is.