

Peruvian Quinoa Seafood Bowl



Peru is a country of incredible biodiversity with abundant seafood in the coastal region, invaluable superfoods from the high Andes and exquisite tropical fruit, herbs and roots from the Amazon Rainforest.

With 3 of the world's best restaurants in Lima, Peru has become a focus for gastro-tourism. The Novo-Andean cuisine has been pioneered by enlightened chefs who emphasize creating dishes using seasonal, local ingredients and provide guidance on how eating impacts our health, market conditions and the environment.

Peruvian cuisine begins with the Caral settlement over 5,000 years ago, based mostly on oily fish and shellfish, with evidence of corn, avocado, pumpkin, beans, chilli peppers and sweet potatoes. Immigrant waves of Spanish, Chinese, African, Italian and Japanese have added their own exquisite culinary notes.

In this dish we have given a nod to ancient Peruvian civilization using seafood in combination with traditional vegetables, while Spanish influence is evident in the olive oil and garlic. We echo the lead of the Peruvian pioneer chefs and hope this dish will win your hearts and boost your health.

Print the recipe:

Credits: Ceri, ZENXIN Masterchef

Key facts:

Preparation: 15 mins

Cooking time: 30 mins

Total: 45 mins

Serves: 3 - 4

Ingredients:

- 1 cup 'Simply Natural' organic mixed quinoa
- 1 organic purple sweet potato
- 1 piece of organic pumpkin
- ½ tsp 'Simply Natural' organic red chilli flakes
- 1/8 tsp 'Simply Natural' Supreme red chilli powder
- 340g 'Seafood medley' (pollock, salmon & scallops)
- 20g butter
- 20g 'Simply Natural' Spanish organic extra virgin olive oil
- 3 cloves organic garlic
- 1 organic green chilli padi, thinly sliced
- 1 organic red chilli padi, thinly sliced
- 1½ tbsp fresh lime juice
- 1 small head organic mini cos lettuce
- 1 pkt cherry tomatoes-on-the-vine
- Freshly ground 'Simply Natural' black peppercorns

Method:

1. Thaw the seafood medley ready for cooking
2. Rinse the quinoa through a fine sieve, cook in a rice cooker with 2 cups filtered water.
3. Wash sweet potato, chop off top and tail and steam in skin for 30 minutes.
4. Wash and prepare the pumpkin, cutting it into small cubes.
5. Toss the pumpkin in olive oil with chilli flakes and chilli powder, stir-fry and set aside.
6. Peel and crush the garlic, wash and thinly slice the chilli padi.
7. Wash and prepare the mini cos lettuce and tomatoes, squeeze the lime juice.
8. Add butter, sliced chilli and garlic to the sauté pan.
9. Stir fry pollack, salmon and scallops sequentially, setting each aside.
10. Peel the steamed sweet potato and cut into cubes.
11. Plate the quinoa, add all the toppings and drizzle over the lime juice.
12. Serve and enjoy!