



2 p



15'



level 2



lunch

Ingredients

400 ml boiling water
 2 pieces white fish of your choice
 10 cm piece of unpeeled cucumber
 2 to 3 broccoli florets
 1/2 fennel with leaves
 2 g fish stock
 1 tbsp fish sauce
 2 tsp green tea
 1 tsp Himalayan salt
 cayenne pepper
 paprika
 allspice powder

Garnish with

barley grass powder or Green Mix
 flat-leaf parsley, finely chopped
 optional: lime juice

Fish in green sauce

Preparation

1. Cook the fish in 90°C water that contains the dissolved green tea and fish stock. Remove the fish from the liquid and keep it warm in a lukewarm oven.
2. Cut the vegetables into pieces and blend them together with the liquid used to cook the fish. Leave to cool to about 55°C.
3. Add the salt, add some fish sauce and season to taste with cayenne pepper, paprika and allspice powder. Mix, taste and adjust the seasoning.
4. Place the warm fish in a deep plate and pour over the soup. Garnish with some parsley, barley grass powder or Green Mix, and lime juice if desired.

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