



FÆLLESKØKKENET

- det nære valg

Quinella

For 4 portions

| | |
|-------|---|
| 100 g | Quinoa |
| 10 g | dried bladderwrack (<i>fucus vesiculosus</i>) |
| 5 g | sugar kelp (<i>Sacharina latissimi</i>) |
| 100 g | mussels (<i>Mytilus edulis</i>) |
| 20 g | minced round goby meat |
| 150 g | peeled prawns |
| 300 g | sea trout |
| 200 g | fine grated cauliflower |
| 100 g | finely sliced casserole |
| 20 g | herb of celery root |
| 1,5 l | cold water |
| 20 g | turmeric |
| 1/2 | fine diced onion |

Soy sauce, sweet chili sauce, rapeseed oil, apple cider

Preparation:

- < prepare sea trout to filet
- < take the leaves of the celery root and chop them
- < fry the onion and mussels for a short moment and add apple cider. Simmer slowly in 3 minutes with a closed lid.



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- < soak bladderwrack in cold water
- < fishbone, bladderwrack and juice from the boiled mussels and celery leftovers together with rest of the water simmers for about 20 min. = *"Lollands Dashi"*

- < Quinoa rinse under cold water until the water is clear
- < Quinoa slowly cook (al dente) in 2/3 of the Dashi
- < poach sea trout in the last 1/3 of the Dashi
- < roast sweet chilly and minced round goby meat until its crispy

Final cooking instruction

- Roast fine grated cauliflower with turmeric and a little oil until the moisture is almost gone
- Add Quinoa and slowly continue to roast
- Add prawns, casserole and chopped herb of celery root and add Dashi so the consistency is Paella-like
- Garnish with warm sea trout, mussels and crispy round goby meat
- Finalize with small chopped sugar kelp



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Nutritional value per 100g

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|---------------------|-------------------------|
| <i>Energy</i> | <i>211 KJ / 50 kcal</i> |
| <i>Grease</i> | <i>1,6 g</i> |
| <i>Carbohydrate</i> | <i>3,8 g</i> |
| <i>Proteins</i> | <i>4,7 g</i> |
| <i>Salt</i> | <i>0.22 g</i> |