

PACIFIC
WEST

Tempura Black Pepper with Mesclun Salad and Carrot-Sweet Potato Mashed

Ingredients:

1 packet of **Pacific West Tempura Black Pepper Fish Fillets** (2 portion)

- 100 grams Mesclun Salad
- 6-8 no Cherry Tomato
- 6-8 slices Japanese Cucumber
- 60 grams Thousand Island Dressing
- 120 grams Carrot
- 120 grams Sweet Potato
- 25 grams Unsalted Butter
- 2 pinch Nutmeg Powder
- 1 no Lemon Wedges

Optional

- 6-8 seeds Pomegranate
- 6-8 segments Grapefruit Segment
- 1 teaspoon Parmesan Crumbs

Parmesan Crumbs

- 50 grams Parmesan Grated

Method:

1. Peeled both carrot and sweet potato. Cut dice and place into steamer. Steam for 12 minutes, add butter and nutmeg powder. Roughly mashed. Add seasoning if needed.
2. Place Pacific West Tempura Black Pepper Fish Fillet into fryer and cook according to package instructions.
3. Tossed ingredient 2 to 5 with lightly coated Thousand Island dressing.
4. Once ready, you can start plating together. Sprinkle with parmesan crumbs and garnish with lemon, grapefruit segments and pomegranate.
5. Serve the noodle together our Pacific West Tempura Fish Cocktail and accompany with some salad.

Method (Parmesan Crumbs):

1. Heat up pan over medium heat and add grated parmesan cheese. Once the cheese lightly brown and crumbled, cool down in a tray.
2. It can be made 1 week ahead. Keep in air tight glass jar.

