



COURGETTE PUREE WITH SARDINES

QimiQ BENEFITS

- Acid and alcohol stable
- Quick and easy preparation



25



easy

INGREDIENTS FOR 12 PORTIONS

8 ea	Sardines, fresh
60 ml	White wine vinegar
1 level tbsp	Granulated sugar
	Sea salt
1	Courgette(s), medium sized
1	Shallot(s)
1	Garlic clove(s), squeezed
	Pine nuts
	Pepper
	Basil leaves (optional)
	Leaf spinach (optional)

FOR THE COURGETTES

300 g	Courgette(s)
1 small	Onion(s)
2	Garlic clove(s)
2 tbsp	Olive oil
300 g	QimiQ Classic
	Salt and pepper
1 tsp	Oregano, dried
	Wasabi paste
3	Dried tomatoes in oil

METHOD

1. For the courgettes, wash and cut into thin slices. Chop the onion and garlic and heat the oil. Fry the onion and garlic until soft, add the courgette and cook until soft.
2. Add the QimiQ Classic, salt, pepper, oregano, wasabi and dried tomatoes, cook for a few minutes and blend smooth. Pour the courgette puree into dishes lined with cling film and chill for approx. 6 hours.
3. Fillet the sardines and remove the heads and place in a bowl. Bring 250 ml water with vinegar, sugar and sea salt to the boil. Allow to cool a little, pour over the sardines and allow to draw for approx. 15 minutes.
4. Cut the courgettes into strips and finely chop the shallot. Toss with the garlic, pine nuts, salt, pepper, a shot of the sardine marinade, a hand full for basil or spinach leaves and the roughly chopped sardines. Serve with the courgette puree.