

# CRISPY FRIED SARDINES WITH SALSA VERDE AND CHARRED PEACH






by **Ajay Chopra**

Serves: 4

Preparation time: 20 minutes

Cooking time: 30 minutes

## INGREDIENTS

500g	Peach Flat	Spain	
50ml	Aceto Balsamico di Modena	Italy	
100ml	Terra di Bari Olive Oil	Italy	 PDO
1can	Canned peaches	Greece	
2kgs	Sardines	Portugal	
30g	Tomato Puree		
30g	Scallions		
15g	Garlic cloves		
10g	Celery		
20g	Onion		
20g	Habanero peppers		
20g	Red bell pepper		
100g	Green pepper		
100g	Polenta		
150g	Bread crumb		
5g	Paprika powder		
1000g	Vegetable oil		
250g	Tomatillos		
30g	Jalapeno		
100g	Chopped onion		
30g	Chopped coriander		
20g	Garlic minced		
10g	Fresh lime juice		
5g	Mixed herbs		
10g	Basil leaves		
5g	Garlic minced		
5g	Lime juice		
2g	Pepper		
60g	Iceber lettuce		
30g	Cucumber		
10g	Coriander leaves		
30g	Onion		



Chef Ajay Chopra, the renowned Indian chef, consultant, and media personality, has completely transformed the world of cooking with his innovative approach and exceptional talent. From hosting the popular show MasterChef India to successfully launching restaurants around the globe, Chef Ajay Chopra has made a lasting impact on the hospitality industry.

## DIRECTIONS

### PREPARATION

- 01** Create a vibrant sardine dish by marinating the sardines with a zesty green paste.
- 02** Coat them in a flavorful mixture of flour, polenta, and herbs before frying to crispy perfection.
- 03** Prepare a salsa verde by roasting tomatillos, garlic, jalapeno, and onion, blending with coriander, salt, sugar, and lime juice.
- 04** Grill peaches with balsamic vinegar for a sweet, charred touch.
- 05** Toss a salad of iceberg lettuce, cucumber, and onions with a basil-infused dressing.
- 06** Serve the crispy sardines on a plate, accompanied by the flavorful salad and a dollop of salsa verde, creating a delightful and well-balanced meal.

## EU QUALITY SCHEMES



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