

Janella Purcell's Seafood Tandoori with Quinoa and Brown Rice



Serves 2

INGREDIENTS

½ tsp fennel seeds	70g silken tofu
½ tsp cardamom seeds	1 tsp lime zest
½ tbsls coriander seeds	Juice from one lime
1 tsp cumin seeds	200g white fish like flathead, blue eyed cod or snapper
1 tbsls paprika	4 green prawns, peeled and cleaned
1 tbsls turmeric, ground	4 mussels
pinch cayenne pepper	¼ cup quinoa
pinch white pepper	¼ cup brown rice
¼ onion, finely diced	handful of coriander leaves
1 garlic clove	1 cup bean sprouts
¾ cups water	

METHOD

Wash and drain the rice and quinoa then put in a pot with 2 ½ times the amount of water. Bring to the boil then drop to a simmer. Cook for about 15 minutes til they're almost cooked then put a lid on then turn off the heat. Let it continue to cook it its own heat.

Prepare your seafood – cut the fish into chunks about 3cm squared, then clean your mussels and prawns. Set aside.

Now lightly toast the seeds in a pan then pound in a mortar and pestle until you get a powder. Put this into a blender with the rest of the ingredients apart from the seafood. Process until smooth.

Put the mussels in a deep oven proof dish and cover with the marinade. Simmer for about 5 minutes, until they open. Now add the rest of the seafood and cover with tin foil or a casserole lid and bake at 200oC for 15 minutes.

Serve with the brown rice and grain and top with coriander leaves and bean sprouts.

