

## Steamed Fish Wrap with Beetroot Fonio & Sautéed Asparagus

### Ingredients:

#### For the beetroot fonio:

- 1 cup fonio
- ½ cup beetroot purée
- Pinch of salt
- ½ cup water

#### For the fish wrap:

- 1 small red bell pepper
- 3 dried chili pepper
- 2 cloves of garlic
- ½ tsp black peppercorn
- 1 tsp smoked paprika
- 20 ml water for blending
- 1 tsp salt
- 100 g grouper fillet
- 1 large brussel sprout washed
- Olive oil for dressing
- 1 litre water, for steaming

#### For the asparagus:

- 4 Baby asparagus
- 1 tsp salted butter
- 1 small garlic clove minced



### Directions:

#### For the beetroot fonio:

In a small saucepan, add half cup water and salt and allow it to simmer. Pour the fonio in the water, cover and let it simmer until the fonio absorbs all the water. Then add the beetroot purée to the fonio, stir and cover to cook for 3 minutes. Turn off the heat and flake with a fork until it is fluffy.

#### For the fish wrap:

Pour 1 litre of water into a saucepan over medium heat and bring to a boil, carefully place the leaves in the hot water and blanch for a minute. Pour the red bell pepper into a blender, add red scotch bonnets, garlic, black peppercorn, smoked paprika, salt water and blend into a smooth mixture. Cut the fillet grouper into a rectangular shape, place each piece on the leaf. Scoop a spoonful of the pepper mixture onto the fish, smearing it generously and wrap with the brussel sprout leaf tightly.

Place a splatter guard on the sauce pan with boiling water, then place the wrapped fish on top. Cover with the lid and steam cook for 5-7 minutes. In a frying pan on medium heat add butter, asparagus and minced garlic, sauté for 4 minutes.

Drizzle with olive oil and serve with beetroot fonio and asparagus.

