

Chickpea Capsicum Stew with Saffron And Seared John Dory



4 peeled garlic cloves
2 red capsicum sliced
200g of brown button mushrooms, cut in quarters
1 deseeded and chopped red chilly
3 coarsely chopped tomatoes
200 g of spring onions, sliced coarsely
Pinch of saffron
One can of chickpeas
Juice of half a lemon
20 ml Pernod
200 ml fish stock
Some chopped coriander
Olive oil and sesame seed oils to fry

4 John dory filets, each about 150g
Salt and pepper

Sauté garlic, chilly, peppers and mushrooms in some olive and sesame seed oil until golden in colour. Add the saffron, chickpeas, tomatoes and the spring onions, sauté for another minute. Add lemon juice, Pernod and fish stock and simmer for about 2 minutes to reduce. Add coriander and season with salt and pepper to taste. Set aside.

Season the fish filets with salt and pepper and fry in olive oil on both sides for about 3 over medium heat and allow to rest for a couple of minutes.
Serve the fish with the stew in a deep plate and sprinkle with some chopped coriander.