



# Germinated seeds



**Chef Quique Dacosta (Spain)**

**Serves: 4**

## Ingredients:

100 g leek, white part  
20 g olive oil, mild flavour  
150 g quinoa, preferably organic royal quinoa (quinua real)  
500 g chicken stock  
40 g oily fish (tuna, salmon, horse mackerel, sardine, anchovy, trout, mackerel...)  
10 g parsley  
10 g chives  
10 g mint  
Olive oil

## For the germinated seeds

250 g black lentils  
250 g mung beans  
15 g white mustard seeds  
100 g white asparagus seeds

## Preparation:

This recipe requires prior preparation of the ingredients, at least 48 hours before preparation of the dish itself.

- The first step is to germinate the seeds. To do this, place the seeds on moist paper or cotton in a cool dark place for 48 hours. Mung beans need special treatment: leave them to soak for 12 hours, then drain and also place them on moist cotton.
- When you have the sprouted seeds, sauté them at the last moment with olive oil and salt for only 12 seconds (it is best to use them within 12 hours of germination).
- Chop the white part of the leek. Lightly fry in olive oil, add the chicken stock and then the quinoa. Cook for 15 minutes and let stand for five minutes before serving.
- Meanwhile, blend the parsley, chives and chopped mint in a food processor. Add extra virgin olive oil.
- Cut the fish into cubes and briefly sauté, leaving the inside of each cube uncooked.
- For the presentation, lay the cooked quinoa on the bottom on a dish, cover with the sautéed seed sprouts, drizzle with the herbed oil and top with the fish cubes. Any young leaves from the germinated seeds can be sprinkled over the dish.



### Tip:

It is best if the seeds for germination are organic as they are much healthier.