

## BBQ KINGFISH WITH LENTILS & CHARRED VEGETABLES

**SERVES:** 4

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### INGREDIENTS

- 4 South Australian Yellowtail Kingfish cutlets
- 140g green puy lentils
- 1 bunch asparagus, woody ends trimmed
- 1 bunch broccolini, ends trimmed
- 4 tablespoons extra virgin olive oil
- 1 tsp onion powder
- 2 tsp salt flakes
- 1 tsp smoked paprika
- 1 lemon, cut into 4 wedges
- ½ cup fresh mint leaves, finely chopped
- ½ pomegranate, seeds only
- ¼ cup pine nuts, toasted
- To serve: pomegranate molasses



### METHOD

1. Place lentils and 1 litre of water in a saucepan, bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender. Drain and set aside to cool.
2. Heat barbeque to medium heat. Brush asparagus and broccolini with 2 tablespoons of the olive oil, sprinkle with onion powder and place on barbeque. Cook, turning frequently until lightly charred, but still tender-crisp. Remove and set aside.
3. Reduce the barbeque heat to medium-low. Combine the remaining 2 tablespoons olive oil, salt and paprika in a small bowl and stir to combine. Brush over the kingfish and place on barbeque, along with the lemon wedges. Cook for 2-3 minutes each side, or until cooked to your liking.
4. Divide lentils between 4 dinner plates. Top with asparagus and broccolini. Sprinkle with mint, pomegranate seeds and pine nuts. Drizzle with pomegranate molasses. Place kingfish cutlet next to salad and serve with caramelised lemon wedges.