

Delicious meal quick to prepare

MICHAEL VAN DE ELZEN is one of New Zealand's most loved chefs, having starred on a number of television shows, most recently TVNZ's *Kiwi Living*.

He started a career in the food industry at the tender age of 14, working in some of Auckland's and London's landmark restaurants, while owning several of his own over the years.

Michael is passionate about healthy food, particularly now his wife Belinda and their girls, Hazel, 6, and Ivy, 4, are living on a lifestyle block out in West Auckland. He is known for creating delicious meals that are healthy, convenient and quick to prepare.

Michael will be doing live cooking demonstrations at all three Food Shows across the

country this year, starting with The Food Show Christchurch at at Horncastle Arena from April 7-9. Tickets are available from www.foodshow.co.nz.

Here he shares one of his recipes:

DRY-RUBBED FISH and APPLE SLAW with BLACK BEAN & BEETROOT DIP

Serves 6

INGREDIENTS

1 Tbsp cumin seeds
1 Tbsp coriander seeds
1 Tbsp fennel seeds
6 fish fillets
1 Tbsp olive oil

2 apples, grated with peel on
3 Tbsp mint, chopped
½ cup pistachio nuts, roasted and chopped
1 lemon, cut into 6
180g tub "Good from Scratch" Black Bean & Beetroot Dip

METHOD

Preheat oven to 180C. Toast seeds in a hot frying pan until fragrant, then crush to a fine powder in a mortar and pestle. Coat the fish with spice rub. Heat oil in frying pan and sear fish for approximately 1 minute each side, finishing in oven if required.

Mix apple & mint together in a separate bowl.

To serve, generously spoon the Black Bean & Beetroot Dip onto plates. Place apple slaw on top of dip then lay fish over the slaw. Garnish with pistachios and lemon wedge.

