

SWISS NATIONAL DAY SPECIAL

CRISPY PORK KNUCKLE

Potato Salad with Mustard Seeds, Aquaponics Kale, Red Onion Sauce
(SERVES 2) MODERATE ★★☆☆ TIME: 60mins



INGREDIENTS

Pork Knuckle, precooked	1 pc
Ratte Potato, precooked	300gm
Mustard Dressing Premix	50gm
Aquaponics Kale & Greens	1 bag
Lemon Dressing	30ml
Red Onion Sauce	150gm
Flat Parsley, chopped	2 sprigs
Spring Onion, chopped	10 sprigs
Mixed Cress	5gm

METHOD

1. Place pork knuckle at room temperature for 30 minutes before roasting.
2. Preheat oven to 220 ° C.
3. Roast pork knuckle for approximately 25-35 minutes.
4. Warm the mustard premix in a pan, add ratte potato. Finish by mixing chopped spring onion and parsley into the salad and adjust seasoning to your desire. Transfer to serving ware. Garnish with chopped spring onion, parsley and cress.
5. Warm red onion sauce in a saucepan and set aside warm.
6. In a mixing bowl, dress kale and greens with lemon dressing and serve together with pork knuckle and condiments.

*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!



SWISS NATIONAL DAY SPECIAL

GARLIC & BASIL MARINATED TILAPIA

Asparagus, Saffron Risotto

(SERVES 2) EASY ★☆☆☆ TIME: 40mins



INGREDIENTS

Tilapia Fillets	2 pcs
Garlic & Basil Marinade Premix	200gm
Aquaponics Basil, chopped	1 sprig
Asparagus, trimmed & sliced	2 pcs
Green Peas	100gm
Butter, unsalted	50gm
Saffron Risotto, precooked	350gm
Parmesan Cheese, grated	30gm
Fresh Lemon	1 pc
Water	1 litre

METHOD

1. Marinate tilapia fillets with garlic & basil premix for 15 minutes.
2. Place fillets on a kitchen paper towel. Remove excess marinade and season with salt & pepper.
3. Warm up risotto in a sauté pot with 100ml of boiling water. Once risotto starts to soak up the water, add another ladle till your desired texture. Keep risotto in the pot, covered.
4. Preheat frying pan on medium heat. Sear tilapia on the skin side first for 2 minutes, then sear other side for 1 minute. Transfer to a baking tray.
5. Preheat oven to 160° C. Roast fillets for 4 minutes.
6. Preheat frying pan on medium heat. Sauté green peas and asparagus in butter and season with salt and pepper to your liking.
7. Transfer risotto to a plate with tilapia fillets on top. Sprinkle green peas, asparagus, lemon zest and fresh basil. Ready to serve.

*Fresh from our
Farm to your Home*

The accompanying salad is 100% grown and harvested at the hotel's Aquaponics Farm on Level 5. Enjoy the freshest produce, in the most sustainable way possible.

SCAN TO VIEW
RECIPES AND
IMAGES ONLINE!

