

SA is Great  
**Crispy Whiting with  
Summer Salad**

*Ingredients:*

**Fish and Batter:**

- Fillets whiting
- 1 tsp paprika
- 1 tsp Spartan spice seasoning
- 1 tsp baking powder
- 1 tsp chili flakes
- 1 cup gluten free flour
- Half cup of cornstarch
- 300ml Ginger beer
- 1 tbsp crunch organic peanut butter
- Buttermilk
- Oil

**Green Mamba Sauce:**

- Small knob of ginger
- 1 clove garlic
- Handful of raw peanuts
- Shallots
- 1 medium chili
- Bunch of coriander
- 300ml ginger beer
- 8-10 cherry tomatoes
- Bunch spring onions
- Fennel fronds



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Episode No: 194  
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*Method:*

Cut up shallots, peanuts, ginger, and chili and fry in oil over a medium heat. Add fennel fronds, spring onion, and lime juice. Fry until caramelized. Remove from heat, and add coriander and fresh chili.

To make the salad, add slices of fennel, orange, Spanish onion, and avocado to a bowl and combine. Add olive oil and a squeeze of lemon juice.

To make the batter, add paprika, chili flakes, baking powder, flour, and Spartan spice to a large bowl and combine. Add buttermilk and ginger beer, and whisk together. Add peanut butter and stir through.

Heat oil in a pan. Cook fish for 3-5 minutes, or until crispy. Serve with mamba sauce and salad.