

# Fresh Young Green Garbanzo Beans Sauce with Fish

*Recipe by Chef Oscar Herrera*

## Ingredients:

Fresh Nature Green Garbanzo Beans	300 grams	Oil	3 tablespoons
Garlic	4 cloves	Cream	½ cup
Onion	½	Flour	200 grams
White Wine	100 milliliters	Fish fillets of your choice	4
Butter	100 grams		

## Process:

- Preheat a pan. Add butter until melted.
- Once the butter is melted, add garlic and onion. Wait for the onion to look transparent and soft.
- Add fresh young green garbanzo beans. While continuing to stir, add white wine and mix with the onion and garlic.
- Once we have a more intense green color in the peas, add the cream and let it incorporate with the rest of the ingredients for 5 minutes.
- Pour the mixture into the blender then blend. It should have a smooth and light texture.
- Cover the fish fillets in flour.
- In another pan, place the 3 tablespoons of oil and one more of butter. Fry the fish fillets until they are golden brown.
- In that same pan, fry a little more of the fresh young green garbanzo beans to have two textures to the plate.
- On a plate, spread the mashed fresh young green garbanzo beans as base and place the fish fillet on top. Add the sautéed fresh young green garbanzo beans.

