# SAUTÉED SEA URCHIN WITH WILD MUSHROOMS, WATTLE SEED & WARRIGAL GREENS PESTO & FORAGED LEAVES

# SERVES 2

#### INGREDIENTS

- 8 pcs Sea Urchin Harvest Uni Gold
- 300 Mixed wild mushrooms, sliced
- 100g Butter
- 50g Ground wattle seed
- 350g Warrigal green leaves
- 50g Pine nuts, toasted
- 30g Parmesan, grated

- 2 Cloves garlic
- 100ml Vegetable oil
- Sea salt
- Lemon juice
- Foraged leaves i.e. oxalis, rambling dock, chickweed, wild rocket

## NOTE

The Warrigal greens and foraged plants in this dish are wild ingredients. They are available along coastal landscapes and are easy to forage. If you cannot forage ingredients yourself, substitute the warrigal greens with English spinach, and the foraged plants with a mixture of herbs.

## **METHOD**

- 1. To make the pesto, put 250g of warrigal greens, pine nuts, parmesan, garlic and oil in a blender or food processor and blitz until smooth. Season with salt and lemon juice to taste.
- 2. In a smoking hot pan, sauté the mushroom until starting to colour, then add the butter and cook until it starts to foam. Sprinkle on the ground wattle seed and toss through, cooking for a further minute.
- 3. Add the remaining 100g of warrigal greens, toss through and remove from the heat, once the warrigal greens have wilted, season with salt and pepper and keep warm.
- 4. Heat a non-stick pan with a little vegetable oil over a high heat until hot.
- 5. Add the Sea urchin to the pan and sauté on one side for 1-2 minutes or until coloured.
- 6. To serve spoon some pesto into the bottom of each bowl and top with the mushrooms
- 7. Carefully add four pieces of sea urchin per bowl.
- 8. Season with salt and pepper, garnish with the foraged leaves and serve.