

***Black Rockfish with Kale,  
Chick Peas, Roasted Garlic & Feta***

BY: CHEF LUDGER SZMANIA, SZMANIA'S RESTAURANT  
Warm Salad - Serves: 4

**INGREDIENTS:**

4 x 3oz. Black Rockfish, skin removed  
8 oz. Kale, cleaned  
6 cloves Garlic, sliced  
½ each Red Onion, medium, sliced thin  
¼ cup Olive Oil  
4 Tbs. Red Wine Vinegar  
1 cup Chick Peas (canned ok, if cooked yourself they need to be very soft)  
4 Tbs. Feta cheese  
Salt & pepper

**PREPARATION:**

1. Heat a large pan with olive oil over medium heat. Sear Rockfish on both sides and set side.
2. Add onions and sauté with a little more oil and add garlic and garbanzo beans. Season with salt & pepper and add kale. Sauté until kale is wilted and add a few splashes of vinegar.
3. Divide chick peas between four plates, top with fish, drizzle with olive oil, crack fresh pepper and crumble feta cheese. Enjoy with crusty bread.