

# Fennel & Radish Breakfast Sauté

Christian “Chino” Perez, [Kichana Peruvian Fusion Cuisine](#)

Kichana blends my native Peruvian cuisine with the local, seasonal flavors of the Pacific Northwest. Cooking brings me peace. And I've discovered that sharing my food and my peace with friends, watching their surprise and delight at my cooking, my heart overflows... EVERY SINGLE TIME. I am pleased to share my passion for cooking with fresh locally farmed ingredients with you. Enjoy.

**Yield:** 2 servings with leftover salsa for future meals

## Ingredients:

- Fennel, 1 bulb with fronds
- Radishes, 1 bunch
- ½ bunch mint
- ½ bunch cilantro
- 1 lime
- ¾ cup neutral oil (avocado, grapeseed, peanut, mild olive oil)
- Rice Vinegar
- Soy Sauce
- 1 cup cooked black beans
- 2 eggs
- Optional: 4 green onions, 1 clove garlic; Optional spices: Ground sumac, cumin, Aleppo pepper



## Directions:

**Salsa:** Combine the following ingredients in a blender or food processor. Add oil while blending to emulsify the salsa: Mint stems and leaves, Cilantro stems and leaves, Juice of one lime, 1/4 fennel bulb + fennel fronds, 2-3 teaspoons salt (add salt to 1/3 cup warm water), Freshly ground pepper, 1/2 cup neutral oil

## Sauté:

1. Chop the remaining 3/4 fennel bulb into 1/4 inch slices
2. Roughly chop about 8 small radishes
3. Optional: Thinly slice the garlic and green onions
4. Warm up a sauté pan to medium-high heat. Add 2 Tbsp oil to the pan, let it warm up.
5. Sauté fennel, radishes, garlic and green onions for 1 minute. Add one 1 Tbsp soy sauce, 1 Tbsp vinegar, and 1/4 tsp each of ground sumac, cumin, Aleppo pepper (optional).
6. Sauté over medium high heat for approx 4-5 minutes until slightly softened, but still crunchy.
7. Move to a bowl or plate.
8. Warm up cooked black beans in the same sauté pan. Once hot, move to the serving plate(s).
9. Add 2 Tbsp oil to the same pan, let warm up, add 2 eggs, sprinkle with salt. Cook over easy.
10. Place the sautéed veggies on top of the plated beans, add cooked eggs, and drizzle with salsa.