

spicy fish fillets

Ingredients

fish

1½ kg fish fillets
½ tsp sea salt
½ tsp sumac
½ tsp sweet paprika
1 tbsp olive oil
1 tsp pomegranate molasses

sauce

500g tahini dip
1 cup water
pinch sea salt
pinch finely cut parsley

garnish

2 tbsp olive oil
200g pine nuts
pinch parsley
lemon (sliced)

Method

- Pre-heat oven to 200°C
- Wash the fish fillets, then coat them with the oil, pomegranate molasses, spices & sea salt. Place in a baking tray & bake for 20 minutes
- Once the fish is cooked, remove from the oven and set aside to cool
- To make the sauce, place the tahini dip, sea salt & water into a saucepan & bring to the boil. Keep stirring the mixture until it thickens (about three minutes). Remove from the heat & mix in the parsley
- To prepare the pine nuts for the garnish, fry them in a heavy based frying pan until golden brown
- Once the fish has cooled, tear the fillets into chunky pieces. Place half of the pieces into a tray & mix with 400g of the yallateef mixture. Layer the rest of the fish pieces on top
- Slowly pour the sauce on top of the fish. Garnish with pine nuts, parsley & lemon