

DRY-ROASTED FISH WITH MUHAMMARA





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Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 4

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|------------------------------------------|-------------------------------------------------|
| 4 red capsicums | 1 tsp ground sumac |
| 6 long red chillies | 1 tsp ground cinnamon |
| cooking oil spray | 1½ cups walnuts, lightly toasted |
| 2 red onions | 2 Tbsp pomegranate molasses |
| 10 cloves garlic | sea salt flakes and freshly-ground black pepper |
| 1 Tbsp extra virgin olive oil | 4 x 200g snapper fillets |
| finely grated zest and juice of 2 lemons | 1 Tbsp za-atar |
| 2 Tbsp sweet paprika | parsley salad and flatbread, to serve |
| 2 tsp ground cumin | |
| 1 tsp ground coriander seeds | |

1 Preheat oven to 220°C. Sprinkle the capsicums and chillies with cooking oil spray, then arrange on a roasting tray and bake for 20 minutes, until the skins are lightly blackened. Transfer to a bowl, cover with cling film, then set aside for 20 minutes to cool. Pull the skin away, then de-seed.

2 Sauté the onions and garlic in olive oil in a pan set over a moderate heat for 5 minutes until softened. Transfer to a food processor with the capsicums, chillies, zest, juice, spices, walnuts and pomegranate molasses. Purée until a rough paste forms. Season with salt and pepper.

3 Season the fish with salt and pepper, arrange on a lined oven tray and bake for 9 minutes. Serve with the flatbread, parsley salad and muhammara sauce.

