



# Samake Harra Trabulsieh

In solidarity with Lebanon

**Nutrition Facts Per 100 Grams of fish:** Calories 296, Protein 22g, Carbs 10g, Fat 19g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 40 min



## INGREDIENTS

Stuffed Whole Fish (2\*500 grams)

Onion

Coriander Mix

Sea Salt

Olive Oil

Lemon Juice

Tahini

Walnuts

Spice Mix

Pita Bread

# METHOD

## Bake the Fish

1. Heat oven to 180 C. Place fish in oven dish, seal with foil & bake in oven 30 min.
2. When fish is done, take out from oven, remove cover, make sure it is cooked but still firm (meat flakes with fork).

## Prepare the Sauce

3. Place Tahini in a large bowl or pitcher, measure cold water about double the amount of tahini & add to the tahini while whisking until a smooth suspension forms. It should flow easily but not too runny. Set aside.
4. Place skillet or saucepan over medium heat, when hot add olive oil & Swirl to heat.
5. Add onions with a dash of salt & sauté until it starts to golden.
6. Add coriander mix & a good pinch of salt & cook stirring for just under 1 min.
7. Add lemon spice mix & a dash of salt & stir for 30 seconds.
8. Stir the tahini suspension until homogeneous and add to the saucepan. Add lemon juice, stir to combine, when it starts to boil reduce heat to lowest and simmer 2-5 minutes or until thick & bubbly.
9. Turn off the heat, stir the walnuts reserving some for garnish if desired & set aside.

## Putting it all together

10. Reduce oven heat to 160C and turn on the grill.
11. Scoop half the sauce over the fish leaving the head and tail exposed. Reserve the other half for serving (reheat if needed).
12. Return the fish to the oven and cook uncovered for 10 minutes or until sauce is light golden & thick.
13. Rest for 2 minutes or so then garnish with some walnuts and serve with extra sauce on the side & pita bread.

BON APPETIT