



Sammekeh Harra Fillet

For those who prefer boneless fillets, this is a variation of the original recipe enjoyed in Syria, Lebanon and Palestine

Nutrition Facts Per Serving: Calories 585, Protein 59g, Carbs 52g, Fat 13g

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

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



INGREDIENTS

Fish	Tomato Paste
Onion	Chili Paste (optional)
Garlic	Lemon Juice
Bell Pepper	Olive Oil
Tomato	Salt & Spices
Fresh Coriander	Pita Bread

METHOD

1. Drop tomatoes in slightly salted boiling water for 30 seconds, remove with slotted spoon then drop in ice cold water. Peel, remove seeds retaining juices, then dice into small chunks.
2. Preheat oven to 200°C. Turn the oven's top broiler on medium as well.
3. Wash fish with cold running water &. Tap dry, then season with half the salt, all but about ¼ of the spice mix & the olive oil. Rub well into the fillets.
4. Place fish in baking dish & cook uncovered in oven. If using top heat/broiler cook for 3-5 minutes until a golden color forms. Turn the top heat/broiler off then continue cooking for 15 minutes. Do not overcook. Remove & set aside. Meanwhile, prepare the sauce:
5. In a heavy pot or skillet, heat all remaining olive oil over medium heat. Add the onions & fry on until they just turn golden. Season with a dash of salt & spice powder.
6. Add green peppers & cook for 2 minutes stirring. Reduce heat to low then add the garlic & toss quickly for 30 seconds.
7. Add chopped tomatoes & chili paste (if used) & stir.
8. Dissolve tomato paste in reserved liquid, add a table spoon of water if too thick & add to the cooking sauce along with half the remaining spice mix, 1 tablespoon chopped coriander leaves & half of the remaining salt.
9. Cook while stirring & when mixture starts to boil, add half the lemon juice, reduce heat. Stir & simmer over low heat uncovered for about 10 minutes or until most of the liquid is evaporated.
10. Taste sauce for salt, lemon & spices & adjust to taste.
11. Spoon Sauce over & around the baked fillets, then return to oven. Bake for 10 minutes more then take out of oven, rest for 2 minutes & serve with bread.

BON APPETIT