

Spicy Fish Shakshuka *Main*

Shakshuka is a hearty meal that will warm you from the inside!
It's quick, it's easy and it's absolutely delicious!

Serves: 4 | **Cooking time:** 45 minutes (including prep)

Ingredients

- 2 tsp Ground Coriander
- 1 tsp Lime Rind
- 1 1/2 tsp Ground Cumin
- 1 tsp Turmeric
- 1 Onion
- 2 tbsp Olive Oil
- 1 heaped tsp Crushed Garlic
- 2 Chillies of your choice - based on your preferred heat level. I use either bird's eye or jalapeno
- 2 Tins Diced tomatoes
- 3 tsp Tomato paste
- Juice of a Lime
- 1/2 Cup Water
- Salt To Taste
- Pepper To Taste
- 4 Hake fillets, cut into palm-size cuts
- Fresh parsley for garnish
- 2 cups Brown rice

Method

Cook the rice according to instructions on the packet.

Combine the coriander, cumin, Turmeric and lemon rind in a small bowl and set it aside for later - half will be used to spice the fish and the other half goes into the tomato mixture.

Sauté the onions in the olive oil for about 2 to 3 minutes then add the garlic. Cook on medium-high for a further 2 or so minutes until the onion is golden brown.

Add the 2 tins of diced tomatoes and 1/2 of the spice and rind mix. Now include the tomato paste, lime juice, water, chillies, salt and pepper. Mix well and bring to a simmer, then turn the heat down to medium-low. Cover

with a lid and cook the tomato mixture for 10 minutes while stirring occasionally.

While the tomato mixture cooks, season the fish fillets with salt and pepper and coat both sides with the remaining spice mix.

Once the tomato mixture has cooked well, gently add the fish fillets. Try to cover all the fish with the cooked sauce. Cook on medium-high for a minute then reduce the heat to medium. Cover your fish dish and cook for the last 10 to 15 minutes until the fish is cooked through (it should be flaky). Do not stir.

Dish while hot, serve it on a bed of rice and garnish with the chopped parsley leaves.

VEGAN ALTERNATIVE

Replace the fish with 2 tins of four bean mix