

Chili Fish with Tahini-Lemon Sauce

Inspired by a Yottam Ottolenghi recipe

Serves 4-6

Ingredients

- ~2lbs firm white fish
- 1-2 birds' eye chilis, chopped and seeded
- 3 garlic cloves, thinly sliced
- 1 tsp fennel seeds
- 1 tsp sweet smoked paprika
- 1 28-oz can crushed tomatoes
- 2 TBSP tomato paste
- ½ tsp sugar
- Cilantro, chopped for garnish
- 3 ⅓ TBSP tahini
- 1 TBSP lemon juice
- 4 TBSP warm water
- Salt & pepper



Directions

Cut fish into 4 portions. Lightly season with salt and pepper.

Using a large saute pan for which you have a lid, heat oil on a medium high heat. Add the birds eye chilis and fry for 2 minutes.

Add the garlic, fennel seeds, and paprika and continue to fry until the garlic begins to turn golden brown.

Add tomatoes, tomato paste, sugar, and ~½ tsp of salt. Once boiling, reduce the heat and let simmer for 15 minutes, stirring occasionally, until the sauce has thickened.

Add the fish, cover the pan and continue to cook for 10 minutes.

While the fish is cooking, mix together the tahini, lemon juice, water, and a dash of salt to form a sauce. You're looking for a drizzle consistency, so add more water as needed.

When ready to serve, gently lift the fish out of the pan and set aside, keeping warm. If the sauce is runny from the cooking process, increase the heat and let it thicken. Taste and add salt if needed.

To serve, drizzle tahini sauce over the fish and garnish with cilantro. Enjoy with pita or warm bread.