

MARLEY SPOON



Roasted Fish

with Minty Tabouleh



20-30min



2 Portions

Dukkah is an Egyptian spice mix that's traditionally eaten with bread and oil, however we think it makes a great seasoning for fish, chicken or lamb. And while we are in the mood to break the rules, we've taken the tomato out of tabouleh and add some in-season radish for a refreshing crunch! Also, did you know that 100g of cooked bulgur has 8 times more dietary fibre than white rice? So dig in!

What we send

- mint, parsley, spring onion
- dukkah ^{11,15}
- lemon
- hake fillet ⁴
- Lebanese cucumber
- radish
- burghul ¹

What you'll require

- extra virgin olive oil
- salt and pepper

Utensils

- baking paper
- grater
- medium saucepan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Use a skewer or cake skewer to test when the fish is ready. The fish will be ready when the skewer enters the flesh with little resistance.

Allergens

Gluten (1), Fish (4), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

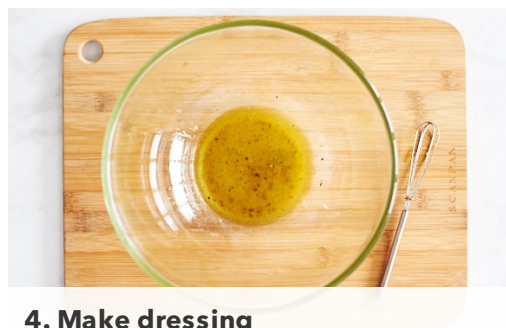
Nutrition per serving

Energy 585.0kcal, Fat 25.0g, Proteins 39.1g, Carbs 46.5g



1. Prepare burghul

Preheat oven to 230C. Heat a medium saucepan over high heat. Cook the **burghul**, stirring regularly for 1-2 mins until toasted. Reduce the heat to low and add 160ml $\frac{2}{3}$ cup) water and season with **salt**. Cook over low heat for 2-3 mins until water is absorbed. Remove from heat and set aside.



4. Make dressing

Combine 1½ tbs **lemon juice** and **lemon zest** in a large bowl with 2 tbs **oil** and season with **salt and pepper**.



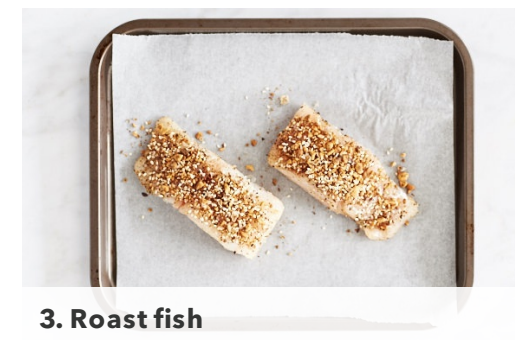
2. Prepare ingredients

Meanwhile, thinly slice the **spring onion**. Pick the **parsley** and **mint** leaves (discard stems). Reserve a few leaves of parsley for garnish and finely chop the rest. Finely chop the **radish** and the **cucumber**. Zest and juice half the **lemon**, cut the other half into wedges.



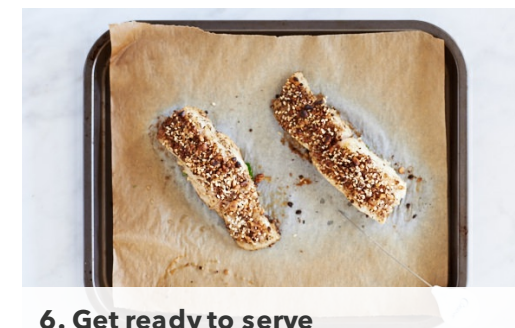
5. Finish tabouleh

Add the **burghul**, **spring onion**, **chopped herbs**, **radish** and **cucumber** to the **dressing** and toss to combine. Season with **salt and pepper** to taste.



3. Roast fish

Place the **fish** on a lined oven tray. Drizzle with 2 tsp **oil** and season with **salt and pepper**. Sprinkle over the **dukkah**. Roast the fish for 10 mins or until just cooked through.



6. Get ready to serve

Remove the **fish** from the oven when ready (see cooking tip). Arrange the fish over the **tabouleh** and sprinkle with reserved **parsley**. Serve with **lemon wedges**.