



Pan-fried Zaatar Cod

with Moroccan Carrot Salad



20-30min



2 Portions

Recipes for the beloved Middle Eastern spice mix zaatar differ throughout the Middle East and even between families. Our special blend combines sesame seeds, sumac, thyme, oregano and garlic for a flavoursome coating to pan-fried cod. Our tip? Serve on a bed of honey-ginger carrots, or use the warm flat breads to make delicious wraps.

What we send

- thyme, ginger, garlic clove, coriander
- white sesame seeds ¹¹
- carrots
- ground sumac
- dried oregano
- almonds slivers ¹⁵
- Lebanese bread ¹
- cod fish fillets ⁴

What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- foil
- oven tray
- small frypan

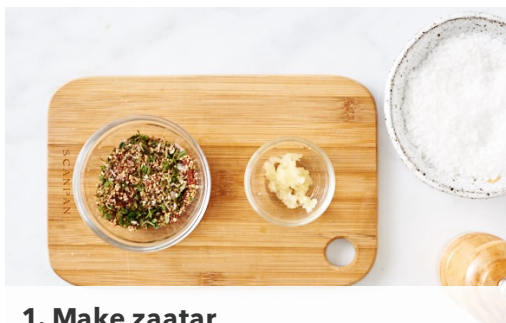
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Fish (4), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 550.0kcal, Fat 24.0g, Proteins 39.2g, Carbs 40.5g



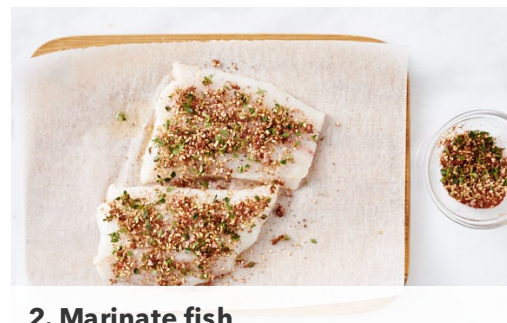
1. Make zaatar

Pick **half the thyme leaves** (reserve remainder for another use). Combine the thyme, **sesame seeds, sumac, half the oregano** (reserve remainder for another use), **½ tsp salt** and a **pinch of pepper** in a bowl. Peel and crush the **garlic** and stir into the zaatar.



4. Prepare salad

Put the **almonds** in a cold large frypan over medium heat. Toast, tossing pan, for 3-4 mins until evenly golden. Transfer to a bowl. Meanwhile, peel the **carrots** and shred using a julienne peeler or grater. Finely chop the **coriander**, including the stems.



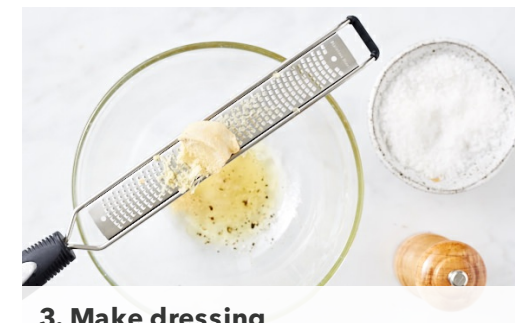
2. Marinate fish

Cut the **fish** in half crossways, then rub all over with **1 tbs oil**. Coat both sides with the **zaatar**.



5. Warm bread

Heat the same frypan over medium-high heat. Add the **Lebanese bread** and cook for 30 secs each side until softened and warmed through. Remove and wrap in a clean tea towel to keep warm. Put the **carrot, coriander, half the dressing** and **¾ of the almonds** in a large bowl and toss to combine.



3. Make dressing

Peel and finely grate the **ginger** into a bowl. Add the **vinegar, honey** and **remaining 1 tbs oil**, season with **salt and pepper**, and whisk to combine.



6. Cook fish

Return the frypan to medium heat. Add the **fish** and cook for 2 mins each side or until just cooked through. Divide the **salad** among plates and top with the **fish**. Drizzle over the **remaining dressing** and scatter over the **remaining almonds** to serve.