



Pan-fried Zaatar Cod

with Moroccan Carrot Salad



20-30min



4 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

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

What you'll require

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

Utensils

- foil
- oven tray
- small frypan

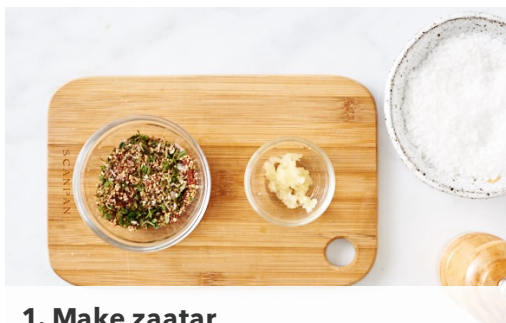
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

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

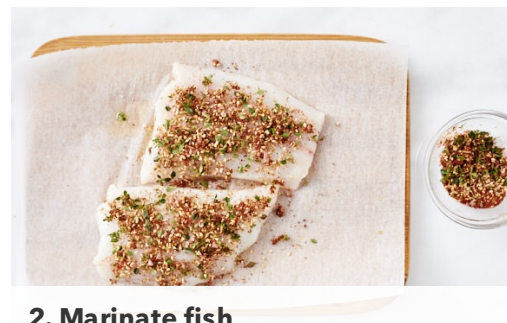
Nutrition per serving

Energy 540.0kcal, Fat 20.4g, Proteins 40.0g, Carbs 44.5g



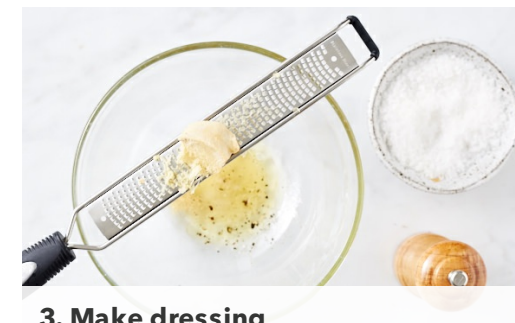
1. Make zaatar

Pick the **thyme** leaves. Combine the thyme, **sesame seeds, sumac, oregano, 1 tsp salt** and a **large pinch of pepper** in a bowl. Peel and crush the **garlic** and stir into the zaatar.



2. Marinate fish

Cut each **fish** in half crossways, then rub all over with **1½ tbs oil**. Coat both sides with the **zaatar**.



3. Make dressing

Peel and finely grate the **ginger** into a bowl. Add the **vinegar, honey** and **remaining 1½ tbs oil**, season with **salt and pepper**, and whisk to combine.



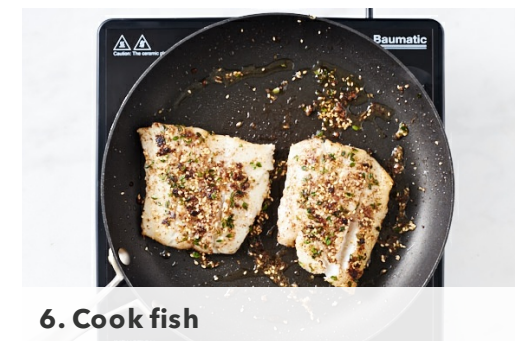
4. Prepare salad

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.



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.



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.