



Fish Tagine

Ingredients

- 700 g Filled hammour cut into small steaks
- 300 g Tahini
- 0.5 cup Lemon juice
- 1.75 cups Water
- 2 tbsp Olive oil
- 1 large Onions, finely chopped
- 0.5 cup Water
- 2 cubes MAGGI® Vegetable Bouillon
- 1 pinch Red chilli powder
- 1 pinch ground cumin

Instruction

1. Preheat the oven at 250°C. Bake the fish fillet for 10-15 mins or until fish is cooked (season with salt and pepper and some olive oil). Remove and set aside.
2. Meanwhile, use a bowl to combine and whisk sesame paste, lemon juice and water. Whisk well until mixture is smooth then set aside.
3. Warm olive oil in a medium saucepan and saute onion for 5 minutes or until yellow-golden color then add the additional water. Bring to boil and simmer until water is almost evaporated.
4. Add the prepared sesame sauce over and the MAGGI® Vegetable Bouillon cubes and cook while stirring constantly over medium heat until it boils, then simmer for 5 mins and remove from heat.
5. Place the cooked fish fillet in a large plate and pour the sauce over and serve with white rice.

Nutrition

Carbohydrates	17.3 g
Energy	445.55 kcal
Fats	30.24 g
Protein	30.27 g

35 Minutes

6 Servings