



## Sayadieh

### Ingredients

- 1 tbsp Vegetable oil
- 1 Medium Onions, finely chopped
- 4 cups Water
- 2 cubes MAGGI® Vegetable Bouillon
- 2 cups American Rice, soaked in water for 1 hour and drained
- 900 g Hammour fish
- 5 tbsp Almonds
- 1 lb For the tahini sauce:
- 0.5 cup Tahini
- 0.5 cup Lemon juice
- 1 cup Water
- 1 Medium Tomatoes, diced

### Instruction

1. In a deep pot, heat vegetable oil and saute onions until golden brown. Remove and reserve for garnish.
2. Add water and MAGGI® Vegetable Bouillon and bring to a boil. Add rice and simmer 3-5 mins until it boils.
3. Place the fish pieces over rice, cover and continue cooking over medium-low heat until water is fully absorbed and rice is fork tender.
4. To prepare the sauce: Combine tahini, lemon juice and water and mix until smooth. Stir in the tomato and serve next to rice and fish as a pour over sauce.
5. Spoon the rice and fish on to a serving plate and garnish the Sayadieh with the reserved fried onions and toasted almond flakes with the sauce on the side.

### Nutrition

Carbohydrates	60.83 g
Energy	627.06 kcal
Fats	25.3 g
Protein	39.16 g

30 Minutes

6 Servings