

Arabic Sayadieh Seabass with Fattoush Salad

⌚ 30 Mins
Kcal 1179 | P 85 g | C 192 g | F 16g

Quick and Easy

Delight in Arabic Sayadieh Seabass, with zesty Fattoush Salad.

















Before you start

Preheat the oven to 170 Degrees Celsius. Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

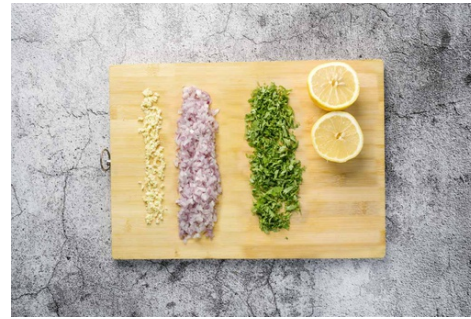
What you'll need

Olive oil, Salt, Black pepper, Chopping board, Knife, Cooking pot, Strainer, Baking dish, Mixing bowl, and Baking tray.

Ingredients (2 persons)

-  Garlic 7GR
-  Red Onion 200GR
-  Seabass Fillet 280GR
-  Fresh Lemon 130GR
-  Cumin Powder 4GR
-  Coriander Powder 2GR
-  Basmati Rice 180GR
-  Water 400ML
-  Fried Onions 4GR
-  Baby Gem Lettuce 100GR
-  Cucumber 125GR
-  Fresh Tomato 120GR
-  Yellow Bell Pepper 140GR
-  Red Radish 50GR
-  Mint Leaves 5GR
-  Fresh Parsley 7GR
-  Sumac Powder 4GR
-  Tortilla Bread 1Unit
-  Coriander Leaves 6GR

Method



Prep the Ingredients

Peel and finely chop the **garlic** and **red onion**. In a pot on medium heat, warm **oil**, sauté **red onion**, and half the **garlic** until browned. Add **water** and bring to a boil, then strain.



Cook the Rice

Wash and rinse the **rice**. Return the boiled water to the pot, and stir in the **rice**, **salt**, and half the **cumin** and **coriander**. Boil uncovered for 1-3 minutes, then cover and simmer on low for 15 minutes. Remove from heat afterward.



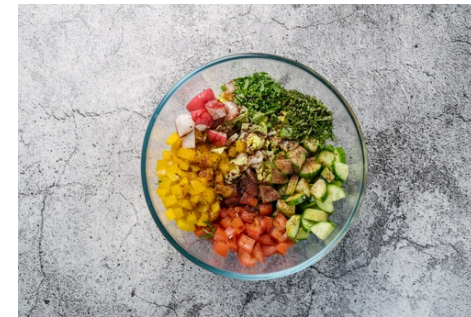
Marinate the Fish

Peel and chop more **garlic**. Marinate the **fish** with **garlic**, the remaining **cumin**, **salt**, **pepper**, and juice from half a **lemon**.



Bake the Fish

Lightly **oil** an oven dish, place the marinated **seabass** in it and bake for 8-12 minutes.



Make the Salad

Chop **lettuce**, dice **cucumber**, **tomato**, and **bell pepper**; quarter **radishes**. Chop **mint** and **parsley**. Cut **tortillas**, and bake until crispy. Combine all **salad ingredients**, dress with **lemon juice**, season with **salt**, **pepper**, and **sumac**.



Serve and Enjoy!

Chop **coriander**, plate **rice**, and top with **seabass**, **crispy onion**, and **coriander**. Serve with the **Fattoush salad**.

Allergens Wheat Fish