

SEARED BLACK BREAM WITH ROASTED AUBERGINE, TOMATO AND POTATO CRUSH AND KACHUMBER

SERVES 4

First make the kachumber. Place the diced cucumber, carrot and tomato in a mixing bowl. Whisk together the salt, sugar, lemon juice, olive oil and coriander to make a dressing and mix it with the diced vegetables. Check the seasoning. Mix together all the ingredients for the marinade, rub them over the fish and set aside for 10 minutes. Heat the oil in a large, non-stick frying pan, add the black bream fillets, skin-side down, and sear for 3–4 minutes, until well coloured underneath. Turn and cook for another 2 minutes or until just cooked through.

To serve, place the Roasted Aubergine, Tomato and Potato Crush in the centre of each plate and put the fish on top, then drizzle the kachumber around the plate.

4 black bream fillets (or any white fish),
pin-boned
1 tablespoon vegetable or corn oil
1 quantity of Roasted Aubergine,
Tomato and Potato Crush

For the kachumber

1/4 small cucumber, deseeded and cut into 3mm
(1/8-inch) dice
½ carrot, cut into 3mm (1/8-inch) dice
1 tomato, deseeded and cut into 3mm (1/8-inch)
dice
½ teaspoon salt
1 teaspoon sugar
juice of 1 lemon
2 tablespoons good olive oil
1 tablespoon finely chopped fresh coriander

For the marinade

1 teaspoon salt
½ teaspoon fennel seeds
½ teaspoon black onion seeds
½ teaspoon red chilli flakes