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Maral's Mediterranean Fish Delight

Ingredients

For the fish
1.5lb. Orange-spotted Trevally fillet (Jesh Um al Hala)
2.5fl oz. olive oil (preferably Syrian olive oil)
Juice of 3 lemons
Half a clove of garlic peeled and crushed
A pinch of salt
For the Tarator (Tahina) Sauce
Juice of 2-3 lemons
A half bunch of parsley chopped
3oz. tahini
Half a clove of garlic
2 fl oz. water
1.5 fl oz. olive oil
Salt as required
For the Spiced Paprika Potatoes
5 potatoes, peeled and chopped into cubes
1 tsp. minced mint
1 tsp. paprika
½ tsp. white pepper
½ tsp. mixed dry herbs
salt
1 fl oz. olive oil or more

Preparation

1. For the fish
2. Preheat the oven until it reaches a temperature of 250 degrees Celsius
3. Wash the fish well with lemon and salt and then brush thoroughly with olive oil
4. Mix the juice of 3 lemons with half a clove of crushed garlic and a little salt in an electric mixer
5. Pour the mixture on the fish until fully covered
6. Brush the oven pan lightly with olive oil before placing the fish in it
7. Put the fish in the oven for 15-20 minutes depending on thickness of fish fillets
8. In the meantime, prepare the potato by mixing in the mint, paprika and white pepper, and dry spices with the olive oil
9. Bake the potato in the oven until cooked or lightly fry it in vegetable oil
10. For the Tahina Sauce ('Tarator')
11. Mix the chopped parsley and tahini with the juice of 2-3 lemons and add three tablespoons of olive oil and ¼ cup water and a half a clove of garlic (or as much as desired)
12. Add salt and mix well by hand or for two minutes with an electric mixer
13. Serve the fish with delicious tahina sauce and potatoes along with steamed vegetables and pickles.
14.
15. Thanks to Choose Wisely for this recipe