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Ingredients

0.8lb shari eshkeli fish fillet
chopped onion
bunch of coriander leaves, very finely chopped
1 clove of garlic crushed
chilli powder
pepper
salt
1/2 tsp dried coriander powder
half a lemon juice
handful of walnuts and pine seeds

Preparation

1. The clean fish should be salted and peppered and cooked in the oven untill well done
2. In a separate pot, on a medium heat, put olive oil, and sweat the onions until translucide, add the crushed garlic, and the coriander and chili powder to taste
3. add salt and pepper and dried corander. stir until the flavour are mixed and aromatic
4. Add 2 cups of water and half a lemon juice
5. When the mixture starts to bubble turn off
6. Put the cooked fish in an oven tray, pour the sauce on top of it, and add toasted and crushed walnuts and pine seeds. Cover with foil and cook in the oven 200 degrees for 30 minutes
7. Serve hot with arabic or pita bread.
8. Thanks to Choose Wisely for this recipe

Cooks Note