

BIRYANI HADDOCK WITH ASPARAGUS

Prep time: 60 minutes

Cook time: 4 hours

Serves 4 people



INGREDIENTS

400g haddock fish fillet

4 tablespoons olive oil

2 garlic cloves

1 teaspoon fresh ginger, chopped

1 small onion

3 tablespoons biryani spice mix

170g asparagus spears

½ cup of water

2 teaspoons grated lemon zest

200g lemons for taste and garnish

10g coriander leaves for garnish

INSTRUCTIONS

1. Thinly dice the garlic, onion and ginger.
2. When using whole spices, toss them in a pan over medium heat and toast until fragrant. Shake pan frequently to prevent burning.
3. Place skillet on medium heat and add olive oil.
4. Add garlic, toss for 30 seconds, then add chopped onions. Fry for 1 minute until onion turns translucent.
5. Add biryani spices. To avoid burning herbs, add a little water to the skillet.
6. Toss spices with garlic and onion for 1-2 minutes.
7. Sear the fish in the pan on high heat with spices for 2-3 minutes per side until caramelised.
8. Turn your heat down, and cook the fish for 5-10 minutes until cooked. If your pan is too hot, remove from the heat completely and put a lid on your pan to keep the current heat and cook the fish.
9. Prep asparagus: wash and cut 1-2 centimetres off the bottom. Add ¼ cup of water and close the saucepan's lid to blanch for 2 minutes.
10. Place asparagus on braai and char – keep turning with a braai tong.
11. Remove asparagus. Sprinkle grated lemon zest.
12. Place asparagus on a plate and position fish on top. Garnish with lemon slices and fresh coriander.