



sprout

Saffron & tomato poached fish with & gremolata

Ingredients: (Serves 4)

pinch of saffron threads
1 cup hot water
1 tablespoon olive oil, plus 1 tablespoon extra
1 brown onion, thinly sliced
4 garlic cloves, thinly sliced
½ cup dry white wine
pinch of salt
400g tin cherry tomatoes
400g tin chickpeas, drained and rinsed
4 skinless firm white fish fillets, cut into thirds
(eg. barramundi, flathead, snapper)
4 thick slices of sourdough bread

For the gremolata:

½ bunch of parsley, leaves and stems roughly chopped
2 plump anchovies
pinch of salt
zest and juice of 1 lemon
2 tablespoons olive oil

Method:

1. Place saffron threads in a small bowl and cover with hot water. Set aside to steep for 10 minutes.
2. Meanwhile, heat one tablespoon oil in a large frying pan over medium-low heat. Cook onion for 3-4 minutes or until soft and translucent. Add garlic and cook for a minute or until fragrant. Increase the heat to medium-high, pour in wine and simmer until reduced by half. Add the tomatoes, breaking them up with the back of a wooden spoon, followed by chickpeas, saffron and water. Simmer for 4-5 minutes or until slightly thickened. Season with a pinch of salt. Add fish, cover with lid and poach for 5-6 minutes or until just cooked through.
3. Meanwhile, make the gremolata. Combine parsley, anchovies and a good pinch of salt in a small mortar and pestle and pound to a coarse paste. Stir through lemon zest, juice and oil.
4. Heat a griddle pan over high heat. Drizzle bread with remaining one tablespoon oil and toast for 1-2 minutes each side or until lightly charred.
5. Serve fish with gremolata spooned over the top and toasted sourdough on the side.