





# Harissa and Preserved Lemon Fish with Roast Cauliflower Salad



**Serves**

4



**Prep Time**

10-15 mins



**Cook Time**

30 mins

The fish here is so simple so the side dish can step up a little to make this a great mid-week dinner. The trick to the speed is to cut the cauliflower into small florets and roast in a really hot oven! This recipe is scalable for 1 - 100!

## Ingredients

### Cauliflower Salad

**1/2 large cauliflower, chopped into small florets**

**2 Tbpsns Olive Oil**

**1 tspn of smoked paprika (more if you like an intense flavour)**

**1/4 tspn onion powder**

**1/4 tspn garlic powder**

**120gms baby English spinach leaves**

**50gms slivered almonds or pine nuts**

**50gms dried cranberries (optional)**

**1/4 red onion thinly sliced**

**1 cup natural or Greek yoghurt**

**1 generous tspn honey**

**1 tspn ground cumin**

**Sea salt**

## Method

### For the Cauliflower Salad:

1. Preheat the oven to 220 degrees C fan and line a baking tray with baking paper.
2. In a large bowl, combine oil, smoked paprika, onion and garlic powders with a good pinch of sea salt. Tumble in the cauliflower and toss to coat well. You can swap for sweet paprika or a combination if you're not a fan of the smoked kind!
3. Roast the cauliflower on the tray for 20 -25 minutes until golden brown - even some charred pieces are delicious! Remove from the oven and set aside - you can serve it warm or room temp.
4. While the cauli is roasting - cook the fish; and you can toast the pine nuts or almonds in a small non stick frying pan over a medium heat if you like.
5. In a small bowl combine yoghurt, honey, cumin and a pinch of sea salt. Mix well and set aside.
6. To assemble - put the baby spinach leaves in a large bowl or on a large platter. Scatter with the cauliflower, almonds / pine nuts; cranberries and slices of onion. Serve with the dressing.



**Make extra salad and package up for lunch the next day. Keep the dressing in a separate container.**

# Harissa and Preserved Lemon Fish with Roast Cauliflower Salad - Cont....

## Ingredients

---

### **For the Fish**

**4 x 200gm firm white fish fillets**

**4 tbspsn harissa paste (or thereabouts - you need about 2tspns for each side of the fish)**

**1/2 preserved lemon, finely chopped**

**2 tbspsn finely chopped fresh parsley; or 2 tspns dried**

**60gms unsalted butter**

**Olive oil**

**Sea Salt**

## Method

---

1. Preheat a frying pan over a low - medium heat.
2. While the pan is preheating - brush one side of the fish with about 2 tspsn of the harissa paste each and lightly season with the sea salt.
3. Add a little olive oil to the pan and add the fish - harissa side down. While it is cooking in the pan, carefully brush the other side with the remaining harissa paste and lightly season with sea salt.
4. Once the fish is a nice golden brown underneath and the fish is about halfway cooked, gently flip the fish and cook on the other side. You can tell how cooked the fish is as it turns white and you can watch this white line on the side of the fish. It should take about 3 - 6 mins per side; depending on the thickness of the filet.
5. Remove the fish from the pan and keep warm. Turn the heat down very low and add the butter. Once it is a little foamy, quickly add the preserved lemon and parsley. Stir briefly to combine, before spooning over the fish to serve.



## Notes

---

- Not all harissa is "hot" (or spicy). Check the label of the one you buy.
- You could omit the harissa and make simply by brushing the fish with olive oil, and replacing the preserved lemon with fresh lemon zest and parsley; or simply season with a little salt and pepper.

