



GRILLED SUSTAINABLE FISH WITH HARISSA, ROAST BUTTERNUT & CORIANDER YOGHURT

by Steenberg Executive Chef Kerry Kilpin

Serves 4

4 x 200g sustainable fish (I like to use Cape Bream) seasoned with salt and pepper
1 x lemon

1 large butternut cubed
10g cumin seeds
10g sugar
Salt and pepper

Pre-heat your oven to 180 degrees Celsius.

In a roasting tray toss your butternut, cumin seeds, salt, pepper, sugar and olive oil.
Roast until cooked and golden in colour.

Harissa Vinaigrette

50g harissa
10ml water
1t honey
Chopped chili to taste
1 lemon
200ml sunflower oil
Salt

Whisk the harissa, water, chili, honey and squeeze of lemon juice. Gradually add the oil while whisking. Season with salt, pepper and a squeeze of lemon juice.

Coriander Yoghurt

100ml yoghurt
10g coriander chopped
Salt
Mix together and season

Grill the fish with a little oil in a hot pan for about 2 minutes on each side.

Ensure to get a nice good golden colour and crispy skin. Add a squeeze of lemon juice. Serve the grilled fish on top of the roasted butternut. Drizzle with harissa vinaigrette and coriander yoghurt.