

# ZA'ATAR PLAICE WITH HARISSA SAUCE & CAULIFLOWER TABBOULEH



## QUICK



>15 mins

## HEALTHY

Plaice is a good source of vitamin B12, which is essential for a healthy nervous system

## FAMILY



Feeds 4

## MEALS

Delicious served with brown rice or cous cous

## INGREDIENTS

- 4 plaice fillets – approx. 500g
- 4 tsp za'atar
- 4 tsp olive oil
- 1/2 tsp salt
- Freshly ground pepper

## HARISSA PASTE

- 1 tsp harissa paste
- 30g natural yoghurt

## TABBOULEH INGREDIENTS

- 1 cauliflower
- 2 spring onions
- 3 firm tomatoes
- 1 pomegranate/
- 1/2 lemon
- 2 large handfuls parsley
- Olive oil

## METHOD

1. Put the oven onto 180°C (Fan oven)
2. Mix salt, za'atar, olive oil & pepper to form a paste
3. Spread over your fish
4. Put into the oven and cook for 10 mins (depending on the fish you have chosen to use)
5. Cut your cauliflower into florets and grate into a 'rice'
6. Put into a bowl with the pomegranate, salt and pepper, chopped spring onion, chopped tomato, and chopped parsley
7. Add the lemon juice and a drizzle of olive oil
8. Mix
9. Mix 1 tbs natural yoghurt with 1 tsp harissa paste
10. Serve the fish, with the tabbouleh and the harissa paste drizzled over for those who like a hot sauce.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)