

REWILD RECIPE

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NEW ZEALAND

Shakshuka with Smoked Brown Trout



Chef: Angelo Georgalli / Photographer: Sally Greer

Spice up your breakfast with this lovely dish. If you have leftover trout, this is the perfect next morning meal! Plus the spices and red vegetables give you an antioxidant boost to kickstart your day.

SERVES:

4

INGREDIENTS:

Fish

- 150g smoked trout fillets (1 fish)
- 3 Tbsp olive oil
- 1 sweet pepper, sliced
- 8 cherry tomatoes, halved
- ¼ red onion, sliced
- 2 cloves garlic, sliced

- ½ cup tomato passata sauce
- 5 eggs
- ¼ tsp ground cumin
- ¼ tsp ground smoked paprika
- ¼ tsp ground turmeric
- ¼ tsp ground coriander
- ¼ tsp cracked black pepper
- ¼ tsp salt
- 1 Tbsp fresh parsley, chopped
- ½ Tbsp fresh coriander leaves, chopped

To Serve

- Pita bread

INSTRUCTIONS:

1. Preheat the oven to 160°C.
2. Use a fork or your fingers to separate the trout flesh from the skin. Remove bones as you go. Set aside your fillet flakes in a bowl.
3. In a hot skillet, use 2 Tbsp olive oil to sauté the sweet pepper, cherry tomatoes, red onion and garlic for about 3 minutes or until golden brown. Transfer into a bowl and set aside.
4. Add 1 Tbsp oil to the same hot skillet. Lower the heat. Add the tomato passata sauce to the pan and crack the eggs on top. In a bowl combine all the spices and salt together, and sprinkle over the eggs and sauce.
5. Now gently return the sauteed vegetables to the skillet, being careful not to cover the egg yolks. Sprinkle the fresh parsley and coriander over the dish and add the trout fillet flakes on top, all the while keeping the egg yolks exposed.
6. Place in the oven and bake until the eggs are cooked to your liking.
7. Serve with warmed pita bread.