

Fennel & Grape Pan-Fried Perch with Pickled Cucumber & Yoghurt



Chef: Angelo Georgalli / Photographer: Sally Greer

Fresh, zesty, simple, and yummy! An easy-to-prepare combination for a perfect summery meal! The yoghurt dip gives the perch a real zing!

SERVES:

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INGREDIENTS:

Pickle

- Pickled Cucumber (see separate recipe)

Yoghurt Dip

- 3 Tbsp Greek yoghurt
- Squeeze of lemon juice
- ½ clove garlic, minced
- 2 pinches of pepper
- Pinch of salt
- Pinch of ground cumin
- Pinch of ground turmeric
- Pinch of smoked paprika
- ½ handful of parsley, chopped

Fish

- 2 perch fillets, skin removed
- 1 Tbsp olive oil, plus extra drizzle
- 8 grapes, halved
- 1 clove garlic, sliced
- ¼ fennel bulb, sliced
- ¼ sweet red pepper, sliced
- 2 pinches of salt
- 2 pinches of cracked black pepper
- 1 lemon wedge

To Serve

- Extra virgin olive oil
- Fresh dill fronds
- Slice of lemon

INSTRUCTIONS:

1. In a bowl, combine the yoghurt dip ingredients and mix well. Refrigerate until ready to serve.
2. In a hot frying pan, lightly brown the grapes, garlic, fennel and sweet pepper in olive oil. Season with salt and pepper.
3. Add the fillets to the hot pan with a further drizzle of olive oil. Squeeze then add the lemon wedge to the pan. Pan-fry the fish on both sides until cooked through.
4. Remove from the heat and plate up with a helping of pickled cucumbers and a dollop of yoghurt dip.
5. Drizzle with extra virgin olive oil, and garnish with a slice of lemon and fresh dill.

TIP: It's best to make your pickled cucumber at least the night before to allow the cucumbers to completely pickle before eating them.