




Recipe

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Saffron Freakeh with grilled sea bass

Recipe serves - 4 people

| Ingredients | Amount | |
|---|--------|-------------|
| Freakeh | 2 | cups |
| Olive oil | 2 | tablespoons |
| Onion (chopped finely) | 1 | onion |
| Saffron threads | 3/4 | teaspoon |
| Turmeric | 1 1/2 | teaspoons |
| Pink salt | 3/4 | teaspoon |
| Black pepper | 1/2 | teaspoon |
| Paprika | 1/2 | teaspoon |
| Dried coriander | 1/2 | teaspoon |
| Organic vegetable stock cubes | 2 | cubes |
| Water | 4 | cups |
| FISH | | |
| Seas bass or hammour fillets (bones and skin removed) | 2 | fillets |
| Olive oil | 2 | tablespoons |
| Salt | 1/2 | teaspoon |
| Pepper | 1/4 | teaspoon |
| Garnish | | |
| Pine nuts | 50 | g |



NOTES

Instructions:

- 1 Wash the freakeh well and drain.
- 2 In a large pot, add the olive oil and sauté the chopped onions until translucent. (7 min).
- 3 Add the washed freakeh and mix for a few minutes. (10 min.)
- 5 Add two cups of hot water to the freakeh. In a separate small bowl, add the saffron with 2 tablespoons hot water and let stand for 10 min.
- 6 Add the saffron with its water to the freakeh followed by all of the spices and vegetable stock.
- 7 Simmer on low heat for 20 min or until freakeh is cooked while stirring occasionally.
- 8 Meanwhile for the fish; heat 2 tablespoons of olive oil in a non stick pan and season the fillets with salt and pepper on each side add the fish fillets and cook for 5 min on each side depending on the thickness of the fish.
- 9 Dry fry the pine nuts in a small pan for 10 min or until golden and set aside.
- 10 Place the freakeh in a bowl and flatten. Turn the bowl upside down into a flat plate and remove the bowl carefully. Flake the fish on the top of the freakeh and sprinkle the pine nuts on the top.