

ETHIOPIAN BBQ FISH WITH TOMATO SALSA

AFRICA & MIDDLE EAST
/ ETHIOPIA

ORIGINS

Berberé spice comes from the Ethiopian word *barbare*. *Barbare* translates to “hot” and comes from the Ancient Ethiopian word for pepper, *papare*. This dish came into being no one is sure, but historians speculate that its origins lie in the era when Ethiopians controlled the route to the silk road from the Red Sea during the 11th century AD.



4



15 min



10 min



WHAT YOU NEED

- 1/2 pkt (15 g) Ethiopian spice
- 1 avocado, sliced
- 500g (4) skin-on snapper fillets
- 1 lemon
- 4 shallots, chopped
- 1 tomato, chopped
- 1 tbsp white vinegar

HOW TO MAKE

①

Marinate fish with spice, 2tbsp olive oil, and 1tbsp lemon juice, rest 15min..

②

Heat pan /BBQ to high. Add fish fillets, grill each side for 3-4 mins, Remove from the grill.

③

Salsa: combine shallots, tomato, vinegar, avocado, a pinch of salt, with a drizzle of olive oil.

HOW TO SERVE

Serve with rice & salsa and lemon cut into wedges. Garnish with fresh parsley.

HINTS & TIPS

SIDES & CONDIMENTS

Ethiopian minced greens:

200 g kale or spinach steamed

1/2 tsp chilli flakes

1/2 tsp Berbere or paprika

1 clove garlic, crushed

Sauté garlic and spices for 2 min, add in steamed greens and let rest for 2 min.

SWAPS & ALTERNATIVES

veggie combos: swap salsa for minced greens for a winter version.

Alternative: Any firm fish fillets can used, or try chicken fillets.

Reduced meat: 200g mushrooms or 500g tofu + 250g fish .

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