



LEMON & HERB DUKKAH WHITING

A fresh and easy whiting dish bursting with flavour

WORDS & IMAGES BY: GLENYS GELZINIS

A subtle way to enhance whiting without overpowering its delicate flavour, is to give it a coating with a lemon and herb dukkah and pan fry quickly in a buttery lemon sauce.

King George and yellowfin whiting, both come up nicely in this recipe, served with a Greek style salad, and it's seafood simplicity at its best!

METHOD

On a large plate mix together dukkah and the zest of half a lemon, then press both sides of whiting fillets into the mix to coat.

Melt 1 tablespoon of butter in a frying pan over medium heat. When butter is melted and bubbling add the whiting fillets and cook, turning gently with a spatula. When the fish has turned white and the dukkah coating slightly browned, it's ready.

While the fish is cooking, toss together in a bowl some salad leaves, cherry tomatoes, cucumber slices and crumbled feta and

divide between two serving plates.

Remove the fish from the pan and serve on top of the salad, then melt another tablespoon of butter in the frying pan, adding the rest of the lemon zest and a ½ of the lemon juiced. Mix together in the pan until heated through, then drizzle over the top of the plated fish and salad.

Serve with a dollop of yoghurt garnished with a little lemon zest, this fresh flavoured dish utilising one of our favourite local species is sure to please! **FSA**



Ingredients

MAYO SANDWICH SERVES 4

- > 2 tablespoons butter
- > 1 packet lemon & herb dukkah (45 grams)
- > 4-6 whiting fillets
- > 1 lemon, zested and juiced

GREEK STYLE SALAD

- > Green salad leaves
- > 1 Lebanese cucumber sliced
- > Cherry tomatoes halved
- > Greek yoghurt
- > Feta