

# Mediterranean Fish Fillet

## Ingredients:

- 1/2 cup olive oil
- 2 cloves of garlic, finely chopped
- 1 medium carrot, finely chopped
- 1 medium onion, finely chopped
- 1 stick of celery, finely chopped
- 1/2 teaspoon chilli flakes
- 2 medium tomatoes, diced
- 2 tablespoons tomato paste
- 750g white fish fillets cut into 5-6 pieces
- 2 teaspoons ground coriander
- 2 teaspoons sumac
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried dill
- 1 teaspoon turmeric
- 1/2 cup dry white wine (we recommend: Seppeltsfield 2017 Eden Valley Riesling)
- 500g pipis
- Lime
- Lemon
- Cracked black pepper

## Method:

Pour olive oil into a pan over medium heat. To make the soffrito, add garlic, carrot, celery and onion to the pan. Put the lid on and allow to steam until soft. Remove lid and add tomato, pepper and tomato paste. Stir through and, with the lid on, allow to simmer for 5 minutes.

Flavour the fish with ground coriander, sumac, cumin, chilli, dill and turmeric. Nestle the fish into the stew base, pouring the rest of the spice mixture on top. Add the pipis and white wine (we're using crisp Seppeltsfield 2017 Eden Valley Riesling). Allow fish to cook through and finish with a squeeze of lemon and lime.

Serve with spiced rice.

