

# Dukkah-Dusted Tilapia

*with Eggplant Sofrito & Blistered Peppers*

Dukkah is an Egyptian side dish made of spices and coarsely-ground nuts. It's usually served as a dip for breads or vegetables. But we had another idea. In this recipe, we've cut out the dipping. You'll be making your own dukka and coating the fish directly. This will ensure that every bite is toasty, spiced and fully flavored. Cooking the already-coated fish has the added benefit of toasting the spices and nuts, creating a crunchy, complex crust.



## Ingredients

- 3 Ounces Multicolored Tinkerbell Peppers
- 4 Cloves Garlic
- 2 Tablespoons Raw Pistachios
- 1 Bunch Mint
- 1 Lemon
- 1 Tomato
- 1 Yellow Onion
- 1 Graffiti Eggplant
- 2/3 Cup Red Quinoa
- 2 Tilapia Fillets
- 2 Tablespoons Dukkah Spice Blend  
*(Sesame Seeds, Coriander Seeds, Cumin, Fennel & Sumac)*

**Makes 2 Servings**  
**About 700 Calories Per Serving**

# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off and discard the stems of the peppers. Peel and mince the garlic. Very finely chop the pistachios. Pick the mint leaves off the stems; discard the stems and roughly chop the leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Medium dice the tomato. Peel and small dice the onion and eggplant.



## Cook the quinoa:

Add the **quinoa** to the boiling water and cook 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot. Stir in a drizzle of olive oil and season with salt and pepper to taste. Set aside as you continue cooking.



## Cook the peppers:

While the quinoa cooks, in a medium pan, heat 2 teaspoons of olive oil on high until hot. Add the **peppers** and cook, stirring occasionally, 2 to 4 minutes, or until browned and blistered. Season with salt and pepper and transfer to a paper towel-lined bowl. Set aside as you continue cooking. Wipe out the pan.



## Cook the eggplant soffrito:

While the quinoa continues to cook, in the pan used to cook the peppers, heat 2 teaspoons of olive oil on medium until hot. Add the **onion** and **garlic** and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add a drizzle of olive oil along with the **eggplant, tomato, lemon zest, the juice of 2 lemon wedges** and  $\frac{1}{2}$  **cup of water**; season with salt and pepper. Increase the heat to medium-high and cook, stirring occasionally, 10 to 12 minutes, or until softened. Remove from heat and stir in **half the mint**; season with salt and pepper to taste. Set aside in a warm place.



## Coat & cook the fish:

In a small bowl, combine the **Dukkah spice blend** and **pistachios**. Season both sides of the **fish** with salt and completely coat with the **spice-nut mixture**, gently pressing it into the fish. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **coated fish** and cook 3 to 5 minutes per side, or until browned and cooked through. Transfer to a plate.



## Finish & plate your dish:

Just before serving, in a medium bowl, toss the **cooked peppers** with the **juice of the remaining lemon wedges, remaining mint** and a drizzle of olive oil; season with salt and pepper to taste. To plate your dish, divide the **cooked quinoa** and **eggplant soffrito** between 2 plates and top each with a **cooked fish fillet** and the **dressed peppers**. Enjoy!