



STUFFED FISH WITH POMEGRANATES AND WALNUTS

The star of this dish is the filling, made of onions, garlic, rosemary, dried thyme, bell pepper, pomegranate molasses, cranberries and walnuts. All the good stuff, right! You can find pomegranate molasses in the Middle East/Mediterranean section of most supermarkets or you can buy it on Amazon. It has a sour taste that is essential to the flavor of this dish.

INGREDIENTS

Fish :

4 whole medium sized fish Such as trout or branzino

½ large yellow onion diced
2 cloves garlic mashed
1 tsp turmeric
1 tsp salt
1 tsp pepper
2 tbsp olive oil
Juice of one lemon

Filling:

1 tbsp olive oil
1 yellow onion diced
2 cloves of garlic mashed
1 bell pepper diced
½ tbsp chopped rosemary
½ tbsp dried thyme
¾ cup chopped walnut
½ cup dried cranberry
3 tbsp pomegranate molasses
1 tbsp soy sauce
1 tsp salt
1 tsp black pepper
1 tsp turmeric

INSTRUCTIONS

Fish:

Rub olive oil on both sides of fish and cover generously with salt, pepper and turmeric.

Put the fish in a dish and add onion and garlic, mix so onion is all over the fish.
Cover and let sit for 20-30 minutes.

Preheat the oven to 400F. Line a baking sheet with 2 layers of parchment paper.
Put the fish on the baking sheet (No need to put the onion) and cook in the oven for 25-30 minutes until it's fully cooked.

Filling:

Heat oil in a pan, saute onion and garlic for a minute.

Add diced bell pepper and saute for another minute.

Add the remaining ingredients and mix well.

Lower the heat and let everything cook for 2-3 minutes until flavors are fully combined. Adjust the sourness and saltiness as desired.

Stuff the fish with the filling and add the remaining filling on top of the fish.

Top with pomegranate and serve with rice, potatoes or greens.