

# ALLOTINABOX®



## RECIPES



# ALLOTINABOX® PICKLED FISH

This was sent to us by our friends who live out in South Africa, we imagine the spicy African herbs have been used for centuries when the Dutch settled and traded spices. It looked really complex when we first received the recipe, but it's quite easy to prepare, and really worth putting in the effort.

### INGREDIENTS

1kg of salmon fillet  
3 tsp Vegetable Oil  
60g Flour  
2 large Onions  
5 cloves of Garlic  
250ml White Wine Vinegar  
1 tsp Ground Coriander  
2 tsp Ground Cumin  
1 tsp Mild Curry Powder  
1 tsp Turmeric  
4 Cloves  
12 Black Peppercorns  
2 Bay Leaves  
1 tsb of Granulated Sugar  
200 Mixed salad leaves  
150g Cherry tomatoes, quartered  
Cucumber

1) If the salmon filets are prepared then dip them in the flour on both sides and shake the excess off. Heat the Oil and fry the fish both sides (around 3 minutes) drain it from the pan.

2) Now place the onions, garlic, white wine vinegar and spices in a saucepan with 125ml of water and bring it all to the boil, then turn down the heat and simmer until the onions become translucent. Taste it and if it needs a little sweetening, add some sugar.

3) Place the fish in a bowl and pour the hot sauce over it. Cool, and then let it rest in the fridge overnight to soak up the flavours.

4) Serve the fish on a bed of salad leaves, with tomatoes and cucumbers and pour over the sauce and onions.

Happy eating! :)

