

Matt Golinski's Spiced Black Kingfish, Grilled Eggplant, Heirloom Tomato and Quinoa Tabouleh, Tahini and Lemon Sauce

Serves 4

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Ingredients:

4 x 180 - 200gm Black Kingfish Fillets
2 tsp baharat spice mixture (see note below)

1 eggplant, sliced into 1 cm rounds
50ml vegetable oil

300gm Mixed Heirloom tomatoes, diced
100gm quinoa
1 cup water
1 cup flat parsley, roughly chopped
½ cup mint, roughly chopped
1 small red onion, finely diced
40ml extra virgin olive oil
40ml lemon juice
salt and pepper

80gm tahini
2 cloves roasted garlic
40ml lemon juice
40ml cold water
salt and pepper

Method:

Lightly brush or spray the eggplant slices with oil, season, and char grill until soft.

Wash the quinoa well, place in a small saucepan and bring to the boil with the cup of water. Cover, reduce heat to low and simmer for 15 minutes. Cool.

Mix with the tomatoes, parsley, mint red onion, lemon juice and olive oil. Season with salt and pepper.

Whisk together the tahini, lemon juice and cold water and season with salt and pepper.

Lightly dust the kingfish fillets with the spice mixture and salt, spray lightly with oil and grill until just cooked through.

Serve the kingfish on the slices of eggplant and tabouleh and drizzle with the tahini sauce.

Note:

To make baharat spice mixture combine the following ingredients in a bowl. You can change the ratio of spices to suit your individual taste.

2 teaspoons smoked paprika
2 teaspoons ground cumin
1 teaspoon freshly ground black pepper
1 teaspoon ground coriander
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cardamom
1/4 teaspoon ground cloves