

MICHAEL'S DRY RUBBED FISH WITH APPLE SLAW



 Serves 6

 Prep Time 10 minutes

 Cook Time 10 minutes



INGREDIENTS

- 1 Tbsp cumin seeds
- 1 Tbsp coriander seeds
- 1 Tbsp fennel seeds
- 6 fish fillets
- 1 Tbsp olive oil
- 2 apples, grated with peel on
- 3 Tbsp mint, chopped
- 180g tub The Good Taste Company Black Bean & Beetroot Dip

METHOD

1. Preheat oven to 180°C. Toast seeds in a hot frying pan until fragrant, then crush to a fine powder in a mortar and pestle. Coat the fish with spice rub. Heat oil in frying pan and sear fish for approximately 1 minute each side, finishing in oven if required.
2. Mix apple & mint together in a separate bowl.

- ½ cup pistachio nuts, roasted and chopped
- 1 lemon, cut into 6

3. To serve, spoon **The Good Taste Company Black Bean & Beetroot Dip** onto plates. Place apple slaw on top of dip then lay fish over the slaw. Garnish with pistachios and lemon wedge.