



SAYADIEH

🕒 40 minutes

🕒 1 hour

🍴 8 portions

INGREDIENTS

- 300 grams of rice, white, basmati, raw
- 2 large units of onions, raw [300 g]
- 30 grams of almonds, toasted
- 30 grams of nuts, pine nuts, dried
- 1 tablespoon of oil, olive [11 g]
- 2000 grams of fish, grouper, mixed species, raw
- 1 tsp of spices, turmeric, ground [3 g]
- 1 teaspoon of cinnamon, ground [3 g]
- 1 tablespoon of oil, olive [11 g]
- 800 grams of water
- 1 level tablespoon of flour, wheat, bread/strong, white [20 g]

COOKING METHOD

1. Cut the head of grouper off and put it in a pan, cover with 800-1000ml of water and boil. 2. The rest of fish wrap in aluminum foil and place in oven and bake for 40 min at 210-220C. 3. In a frying pan, fry the almonds and pine nuts WITHOUT ANY OIL until they turn light brown. Remove from pan and set aside on a kitchen absorbent paper. Reserve the pan for frying the onion. 4. Peel the onions, cut into slices and fry in pan with 1 tablespoon of olive oil till brown color. Divide the portion of onion into 2 halves, one add to pan with boiling fish head. Add spices like turmeric, cinnamon and cumin and salt and boil for 20 minutes. After sieve the content of pan, remove head and bones of fish. 5. Take 1 cup of fish broth and add it to remaining fried onion. Mix 1 table spoon of flour with 50 ml of cold water and add it to onion sauce stirring for another 5 min. After put at side. 6. In remaining fish broth add rice and boil till ready. 7. Take fish from oven, unfold and remove skin and bones. Fillet parts put at side. 8. For serving place rice with fish pieces, add onion sauce and nuts.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [439 g]	% DRI
ENERGY	105 kcal	460 kcal	23 %
FAT	2 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	7 %
CHOLESTEROL	21 mg	92 mg	31 %
SODIUM	32 mg	141 mg	6 %
CARBOHYDRATE	9 g	38 g	13 %
SUGARS	0 g	2 g	—
FIBER	0 g	2 g	6 %
PROTEIN	12 g	54 g	—