


Sabrina 

Orange & harissa glazed cod,  
tenderstem broccoli, tahini  
sauce & preserved lemon



# Orange & harissa glazed cod, tenderstem broccoli, tahini sauce & preserved lemon

Serves 10

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## INGREDIENTS:

### For the cod;

500g cod fillet, cut into 50g portions  
3g sea salt  
2g black peppercorns  
60g clear honey  
30g rose harissa  
2 medium oranges, zested and juiced  
50g sesame seeds

### For the broccoli;

600g tenderstem broccoli  
15g garlic, peeled and minced  
60g tahini paste  
90ml water  
90g preserved lemon paste  
3g black peppercorns  
5g salt  
90g extra virgin olive oil

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## METHOD:

1. To make the cod; Season cod with salt and freshly cracked pepper.
2. Mix together the honey, harissa, zest and juice of the oranges.
3. In a frying pan over a medium high heat, add oil. Once hot add the cod and cook for 2-3 mins on one side, then pour orange glaze over the cod. The mixture should bubble fiercely and become thick and sticky. Using a spoon, baste the fish with the mixture and, so that as it thickens it coats the fish to glaze it evenly.
4. Serve with the broccoli in a tahini sauce and preserved lemon. Garnish with toasted sesame seeds.
5. To make the broccoli; In a bowl add the tahini and lukewarm water and stir to loosen the tahini. Add the preserved lemon paste, garlic, freshly cracked pepper and mix to combine.
6. In a pot on medium high heat bring salted water to the boil. Blanch the broccoli for 5 mins then drain and transfer to a bowl. Drizzle over the olive oil, tahini sauce and toss together to coat.