

# Baked Fish - Tagin Samak



**Serves 2 - 3**

**Prep 15 mins**

**Cooking 35 mins**

**Easy**

## **Ingredients**

800g firm white fish fillets  
500g tomatoes, peeled and chopped  
125g onions, finely sliced  
1 tbsp sliced almonds, blanched  
1 tbsp raisins  
bunch of parsley, deep fried in oil to garnish  
salt & freshly ground black pepper  
olive or sunflower oil  
juice of 1/4 lemon  
1 tsp sugar

1. Preheat the oven to 200C/ 180C Fan/ Gas 6. Put the fillets in a baking dish in a single layer. Rub with salt, pepper and 1 tbsp oil and the lemon juice, cover with foil. Bake for 10 - 12 mins or until the flesh becomes translucent and just begins to flake. Keep warm.
2. Meanwhile in a frying pan, add the tomatoes with a little sugar if they are not very sweet. Cook gently for 20 mins or until the tomatoes reduce to a thick paste.
3. In another pan, fry the onions in 1 tbsp of oil until golden. Add the almonds and the raisins, fry until the almonds colour and the raisins puff up.
4. To serve, lay the fish on a large serving plate, pour the tomato sauce over and cover with the fried onion mixture. Garnish with the deep-fired parsley, and lemon sliced if you like.