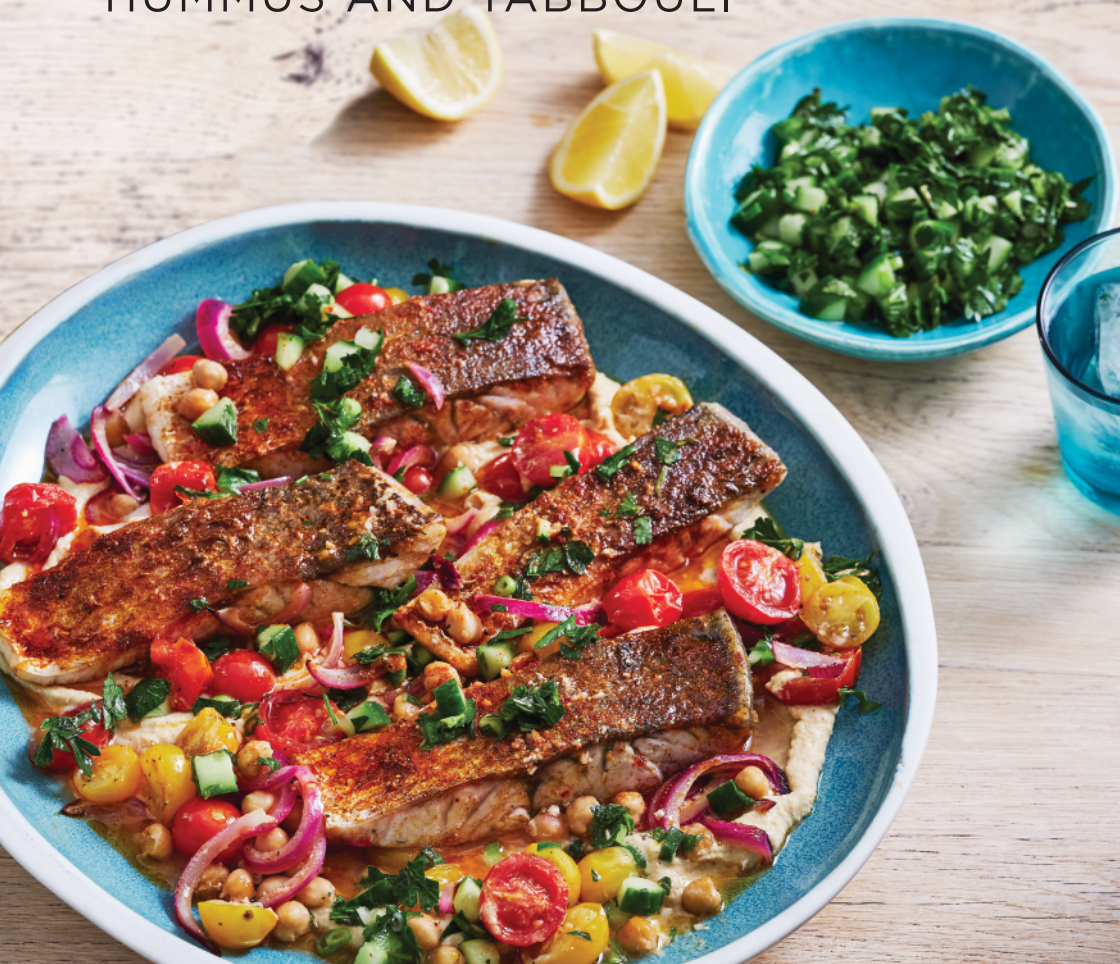




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BAKED HUMPTY DOO **BARRAMUNDI** WITH CHERRY TOMATOES, HUMMUS AND TABBOULI



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Prep time **25 minutes** | Cooking time **20 minutes** | Serves **4**

Middle Eastern spices and contrasting textures come to play in this delicious baked barramundi dish.
Serve family-style on a platter for a simple but impressive lunch or dinner.

INGREDIENTS

- 400g mixed cherry tomatoes, halved
- 400g can chickpeas, drained
- 1 Spanish onion, thinly sliced
- 2 garlic cloves, finely chopped
- Finely grated rind and juice of 1 lemon, plus extra wedges to serve
- 1 tsp each ground cumin, ground coriander and smoked paprika
- 4 Humpty Doo Barramundi Fillet portions
- 1 Lebanese cucumber, diced
- 1/2 cup each coarsely chopped mint and flat-leaf parsley
- 2 spring onions, thinly sliced
- Baked flatbread, to serve (optional)

HUMMUS

- 400g can chickpeas, drained, reserving 1/4 cup of the liquid from the can
- 2 tbsp tahini
- Juice of 2 lemons
- 2 tsp ground cumin
- 2 garlic cloves
- 100ml extra-virgin olive oil

5 SIMPLE STEPS

1. Preheat the oven to 200°C. Combine tomatoes, chickpeas, onion, garlic, lemon rind, half the lemon juice and 2 tbsp olive oil in a large roasting tray, season to taste and stir to combine well. Roast for 10–15 minutes until beginning to soften.
2. Combine the spices in a small bowl. Rub barramundi fillets all over with 2 tbsp oil, then season all over with the spice mixture and sea salt to taste. Place skin-side up on top of the tomato mixture and roast for 12–15 minutes until just cooked through.
3. Meanwhile, to make the hummus, process chickpeas, tahini, lemon juice, cumin, garlic and reserved chickpea liquid in a food processor or blender or food processor until smooth. Gradually add oil and process to create a silky-smooth puree. Season generously and set aside.
4. Combine the cucumber, herbs and spring onion in a bowl, add remaining lemon juice and remaining oil, season to taste and toss to combine.
5. To serve, spread hummus on serving plates or a platter, top with barramundi and pan juices. Scatter with the tabbouli and serve with lemon wedges.