



This recipe has me wanting to have fish every single day for dinner. This garlic and lemon tilapia peri peri is addictive and truly unforgettable.

Ingredients:

1 small tilapia fish, fried

1 lemon, juice

1/2 teaspoon of lemon zest

2 birds eye chilli, diced

1/2 a teaspoon of sage

1 teaspoon of black pepper seeds

4 tomatoes, grated

Coriander, finely chopped

Method

In a kinu (pestle and mortar), mince the garlic, the black pepper seeds, sage and the chillies. Set it aside.

In a sufuria heat up your onions and add the paste and cook this until the onions have softened.

Add the tomatoes and the lemon juice and let this simmer for about 3-5 minutes. Scoop out 3 table spoonfuls of the tomatoes and set aside. Add the fish in the pan and slather the tomatoes you had scooped out on top of the fish. Sprinkle the lemon zest on top, cover with a lid and reduce the heat to low.

Allow this to simmer for about 10-20 minutes.

Once you are done, serve and garnish with finely chopped coriander. You can serve with some lemon wedges too for additional zestiness.



SERVE WITH: ugali/rice together with creamed managu/kachumbari

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/garlic-and-lemon-tilapia-periperi/>