

Spicy Seabass, Hummus and Flatbread

Ingredients

For the flatbread...

- 300g plain flour
- 1 pinch of salt
- 50g butter
- 185ml milk
- 1/2 tbsp oil for cooking

For the hummus...

- 340g chickpeas, drained
(keep the liquid)
- 4 tsp lemon juice
- Pinch salt
- 2 tbsp tahini paste
- 1/2 tsp ground cumin
- 2 tbsp olive oil

For the seabass...

- 250g sea bass, skin removed
- 1/2 white onion, thinly sliced
- 1 tbsp olive oil
- Pinch salt
- 1/4 tsp ground allspice
- 1/4 tsp ground black pepper
- 1/4 tsp ground cinnamon
- 1/2 green chilli, chopped

For the garnish...

- 1 tbsp chopped fresh parsley
- 2 tbsp toasted pine nuts
- Olive oil
- Pinch cayenne pepper
- 110g canned chopped tomatoes
- 60ml chickpea cooking liquid
(reserved from the hummus)
- 2 tsp harissa paste
- Squeeze of lemon juice





Method

1. Put butter and milk into a saucepan and heat until the butter has just melted.
2. Add flour and salt to a large mixing bowl.
Pour the butter and milk mixture into the flour, stirring to combine until you make a dough.
3. Knead the dough for a few minutes until it is smooth.
4. Wrap in cling film and let it rest for 30 minutes.
5. Add olive oil and onions to a pan on medium heat and cook them for 5 minutes; keep stirring so the onions don't burn. Once they are translucent, add the harissa paste, salt, ground allspice, black pepper, ground cinnamon and green chilli, and cook for a further 1 minute.
6. Add chopped tomatoes and chickpea liquid and cook for 20 minutes until the sauce reduces and thickens up.
7. Put the sea bass into the sauce and let it cook for about 5 minutes, covered with a lid, so it just starts to fall apart and is opaque. Season the sauce with salt and lemon juice.

8. In a pan, bring the chickpeas and the chickpea liquid to the boil. Put the chickpeas into a food processor (reserving the liquid) and blend with the cumin, tahini, olive oil and the lemon juice.

While the machine still running, slowly add the reserved chickpea liquid, a tablespoon at a time, until the hummus is the consistency of sour cream. Taste and adjust the seasoning to your taste.



9. Divide the dough into 4, then roll into balls. Roll out until they are 10" in diameter and about 0.3cm thick.

10. Heat 1/2 tbsp of oil in in a pan over medium heat.

11. Place one flatbread in the pan and cook it for 1-2 minutes. It should bubble up, then flip it and cook for a further 1-2 minutes until there are smallish golden brown spots on both sides. Keep warm.

12. **SERVING:** Spoon the hummus into a bowl, making a well in the centre. Add the flaky sea bass with the sauce, a sprinkle of chopped parsley and toasted pine nuts, a drizzle of olive oil and a pinch of cayenne. Serve with the flatbread on the side. (Hummus can be made in advance and stored in the refrigerator for up to 3 days.)