



## TIEP BOU DIENN

### □ **Ingredients (serve 8):**

• 1.5 kg of fish ('thiof' if possible or grouper, mullet or sea bream) • 500g of rice • 800 g of DIEG BOU DIAR tomato purée • 1 bouquet garni • 3 onions • 6 carrots • 400 g of cauliflower • 400g of sweet potatoes • 4 RACINES African aubergines • 50g of "yet" (molluscs) (optional) • 3 soup spoonfuls of oil • 3 MAGGI cubes • 2 chilli peppers • salt

### For the stuffing:

• 6 cloves of garlic • 1 clump of parsley • 3 MAGGI cubes  
• 1 chilli pepper

### RECIPE

1- For the stuffing: peel the cloves of garlic and chop the chilli peppers lengthways in order to remove the grains. Wash the parsley and pick off the leaves. Put all the above ingredients in the grinder together with 3 MAGGI stock cubes, and then put to one side.

2- Clean and scale the fish, and then chop into steaks approximately 2cm thick. Make a hole in each piece by pushing your forefinger carefully but deeply into the flesh. Fill with the stuffing. Brown them on each side in the hot oil. Put the slices and the rest of the stuffing to one side.

3- Peel and chop all the vegetables: the cauliflower and the RACINES African aubergines into 3 or 4 pieces, the carrots lengthways in sticks. Put to one side.

4- Heat the oil in a large stewing pot and gently fry the chopped onions at medium heat in order to make them tender without colouring them. Add the finely diced "yet" (optional), the rest of the stuffing and  $\frac{3}{4}$  of the can of DIEG BOU DIAR tomato purée. Reduce for a few minutes being careful not to allow the sauce to stick.

5- Add 1.5 litres of water, 3 MAGGI cubes and the cauliflower. Bring to the boil then leave to reduce for approximately 15 minutes. Add the rest of the vegetables. Once the water returns to the boil, add the chilli peppers and steaks (whole). Lower the heat and simmer for 15 minutes. Then remove the vegetables, the fish and 3 ladles of sauce, and put to one side.

6- Pour the rice into the cooking juice and cook for 20 minutes at low heat.

7- Arrange the rice on a large dish with the vegetables and fish on top. Add a few slices of lemon according to taste. Enjoy your meal!

Bon appétit.



Other main dishes  
based on fish :

