Green Chermoula Alaska Sole (Flounder) Sabich

**Preparation Time:** 0 minutes  
**Cook Time:** 0 minutes  
**Servings:** 1-2

**Ingredients:**

*Chermoula Marinade:*

- 2 bunches cilantro
- 1 bunch fresh parsley
- 2 Tbsp. fresh mint leaves
- 1 Tbsp. cumin seeds
- 1 lemon, zested and juiced
- 6 cloves of garlic
- 2 tsp. paprika
- 1 tsp. Aleppo pepper
- 2 cups olive oil

*Eggplant:*

- 1 small eggplant, peeled
- 2 cups flour
- 2 eggs
- 1 cup water
- 2 cups panko bread crumbs
- 3 cups vegetable oil
**Beet Pickled Eggs:**

- 3 cups water
- 1 raw red beet, peeled and diced
- 2 cups white vinegar
- 1 cup sugar
- 2 eggs, cooked 10 minutes or until medium/hard boiled

**Tahini Sauce:**

- 2 Tbsp. sesame paste
- 2 Tbsp. water
- 1 Tbsp. fresh lemon juice
- ¼ Tbsp. garlic powder
- Salt (to taste)
- Freshly ground black pepper (to taste)

**Israeli Salad:**

- 6 cherry tomatoes, halved
- ½ English (seedless) cucumber, diced
- ¼ red onion, diced
- 1 Tbsp. fresh lemon juice
- Salt (to taste)
- Freshly ground black pepper (to taste)

**Assembly:**

- 4 oz. Alaska sole (flounder) fillet
- 2 oz. green chermoula marinade
- 3 oz. hummus (store-bought or homemade)
- 2 oz. tahini sauce
- 2 oz. Israeli salad
- 1 beet pickled egg
- 1 oz. fresh dill
1 oz. fresh mint leaves
1 oz. fresh cilantro
pita round (cut in to form a pocket)

Description:
Recipe by Chef Chris Shepherd

For Chermoula Marinade:

Toast spices in a pan and blend everything together in a blender.

For Eggplant:

Slice eggplant in 1 in. rounds and bread with flour, egg wash, and bread crumbs. Heat frying pan to medium heat, about 350°F and place breaded eggplant in the pan for 2 minutes each side or until golden brown.

For Beet Pickled Eggs:

Heat water, vinegar, sugar, and beets until mixture boils and is red in color. Cool and pour over eggs.

Tahini Sauce:

Blend ingredients in a blender until smooth.

Israeli Salad:

Mix ingredients in a bowl.

Assembly:

Marinate sole in the green chermoula for 24 hours. Remove from marinade and cook in 400°F oven for 10-12 minutes. Remove and let fish cool.

To assemble the sandwiches, spread the hummus evenly into the pita pockets, stuff with the fried eggplant rounds and ¼ beet pickled egg. Spoon in the Israeli salad and then add the cold fish. Drizzle with the tahini sauce and garnish with fresh herbs.