OVERALL time: 20 mins

Strapatsada with Cape Whiting

Give your scrambled eggs a tasty twist! We've cranked this Strapatsada up a notch with flaky Cape Whiting, while a few generous shakes of our **Everything Seasoning** add savoury depth and the perfect finishing touch.

Metric

Number of servings : 2

ingredients

For the fish

- 0.25 cup **Cape Herb and Spice Everything Seasoning**
- 2 fillets Sea Harvest Cape Whiting fillets, defrosted
- olive oil, for frying

For the eggs

- 1 clove garlic, mince
- 150 g g baby tomatoes, halved
- 4 large eggs, whisked
- 80 g feta cheese, crumbled
- 0.5 tsp dried oregano
- Small handful fresh dill
- **Cape Herb and Spice Atlantic Sea Salt**
- **Cape Herb and Spice Extra Bold Black Pepper**

To serve

- Toasted sourdough slices, buttered
- 2-3 fresh dill fronds, chopped (optional)
- Lemon wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 5 mins | COOKING TIME: 15 mins

Fish
Place the **Cape Herb & Spice Everything Seasoning** on a plate.
Drizzle the **Sea Harvest Cape Whiting fillets** with olive oil, then roll in the seasoning, coating evenly on all sides.

Heat a frying pan over medium-high heat with a drizzle of olive oil.
Fry the fish for about 3 minutes per side until golden and cooked through. Set aside.

Strapatsada Eggs
At the same time, add a little oil to a separate pan and sauté the garlic for 1 minute.
Add the tomatoes and cook for 6–8 minutes until softened and lightly caramelised.
Reduce the heat to low.
Pour in the eggs and cook, stirring gently, until softly scrambled. Fold in half the feta, oregano and dill.
Season to taste.

To Serve
Spoon the eggs over the toast.
Garnish with remaining feta and dill.
Serve the fish alongside the toast with lemon wedges for squeezing over.

Recipe by CRUSH Magazine

https://capeherb.co.za
Metric

ingredients

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- 2 fillets Sea Harvest Cape Whiting fillets, defrosted
- olive oil, for frying

For the eggs

- 1 clove garlic, mince
- 150 g g baby tomatoes, halved
- 4 large eggs, whisked
- 80 g feta cheese, crumbled
- 0.5 tsp dried oregano
- Small handful fresh dill
- **Cape Herb and Spice Atlantic Sea Salt**
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To serve

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