



FISH TIKKA MASALA TORTILLAS WITH DILL YOGHURT AND TOMATOES

— with *Spier Signature Chenin Blanc* —

This tikka marinade is incredibly versatile and can also be used on chicken and pork. Leave the meat to marinate for a few hours, then simply transfer to a hot pan and stir until cooked. If you like things hot, add some chilli powder from the start. The cool yoghurt and dill mixture adds balance and creaminess.

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INGREDIENTS

MAKES
6

For the fish tikka:

- 5ml (1 teaspoon) ground cumin
- 5ml (1 teaspoon) ground fennel
- 10ml (2 teaspoons) smoked paprika
- 10ml (2 teaspoons) garam masala
- 2,5ml (1/2 teaspoon) turmeric
- 1-2,5ml (1/4-1/2 teaspoon) chilli powder (optional)
- 2 cloves garlic, finely grated
- a knob of ginger, finely grated
- finely grated zest and juice of a medium lemon
- 1/2 cup plain yoghurt
- salt and pepper
- 600g firm white fish, cubed
- 15ml vegetable oil, for frying

For assembling the tortillas:

- 1 cup plain yoghurt
- a generous handful of fresh dill, finely chopped
- 6 medium-size soft flour tortillas
- about 2 cups sliced tomato
- 1 small red onion, finely sliced
- a handful of fresh coriander leaves, roughly chopped
- A handful of micro herbs, for serving (optional)

METHOD

Prepare the fish tikka:

Add the cumin, fennel, paprika, masala, turmeric, chilli (optional), garlic, ginger, lemon zest and juice and yoghurt to a ceramic or plastic bowl, season with salt and pepper and mix well.

Add the cubed fish and mix to coat all over. Cover and refrigerate for 1-3 hours to marinate.

Heat a wide large pan over high heat, add the oil, then add the fish with marinade to the pan. Stir while frying for about 5 minutes, until the fish is cooked and the marinade reduces to a thick coating. Remove from the heat and set aside.

Assemble the tortillas:

Mix the yoghurt and dill in a small mixing bowl.

In a clean pan, toast the tortillas until light brown and warm. Transfer to plates, then top each tortilla with a dollop of dill yoghurt, fish tikka, sliced tomato, red onion and fresh coriander. Serve at once.

Spier Signature wines can be tasted and purchased at the farm in Stellenbosch and are widely available at retail outlets, supermarkets and online at shop.spier.co.za

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