



Pomegranate Molasses and Tahini Spread

Supplied by Layla Joseph

INGREDIENTS

Pomegranate Molasses
Tahini

DIRECTIONS

Mix Equal parts of both molasses and tahini and mix till completely combined.

Use to spread on bread, pancakes or eat it with ice cream.

Delicious and healthier Nutella replacement!

Both items can be purchased from a middle eastern supermarket



Mornings

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Pomegranate Salmon

Supplied by Layla Joseph

INGREDIENTS

1 side of salmon with skin on
1 Cup of Greek yogurt
3 tablespoons of tahini
Juice of 2 big lemons
2 tablespoons olive oil
Rind of 1 lemon finely grated
1 handful each of Coriander & Mint leaves
1 Purple onion sliced razor thin
Big handful of baby spinach leaves and one of baby rocket
Shell and hull 2 large pomegranates

DIRECTIONS

Pre heat oven on fan forced and set at 180 C

In a mixing bowl mix yogurt, tahini, half the lemon juice and a sprinkle of salt and whisk till combined and return to the fridge to stay cold.

Line an oven tray with baking paper. Place foil in tray. Lay the side of salmon skin side down and then cradle the foil around the salmon. (Making a capsule so you don't lose the lemon cooking marinade)

In a cup mix the other half of the lemon juice, teaspoon of salt, the grated lemon rind, pepper and two tablespoons of Morella olive oil and pour over the salmon.

Place in the hot oven for 20-25 minutes, occasionally with a spoon, scooping and pouring the marinade back over the salmon while it cooks. Once cooked, move to a large platter, top with cold yogurt tahini mix from the fridge, and top with all the mixed leaves and onion and sprinkle all the pomegranate on top.



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