

# CHEF SIMMER SAUCE

## TAJINE SAUCE RECIPES

### Fish Tajine

Handcrafted by Chef Sophie Budd



### Ingredients

1 x onion diced, 1 x tbsp oil , 1 x red capsicum diced  
1 kg seafood - use prawns, fish, mussels

### Steps

- heat the pan and oil, fry onions and capsicums
- pour in sauce and simmer for 10 minutes
- lay in seafood then put the lid on and simmer on top until seafood cooked (approx 8-10 minutes)

