



Fast Fish Tagine with Herb Couscous



Serves 4

Recipe by Kate Caire



30 minutes

INGREDIENTS:

- 800g white fish
- 2 tablespoon of Moroccan spice mix
- 2 tablespoons of olive oil
- 1 large brown onion, thinly sliced
- 3 cloves of garlic
- 1 lemon, thinly sliced
- 1 cup of chicken stock
- 200g of green pitted olives
- ½ cup chopped fresh coriander
- 1 cup couscous
- 1 cup boiling water
- ½ cup firmly packed parsley & coriander
- 1 tbs olive oil
- ½ cup currants

METHOD:

1. Pre heat oven to 200°.
2. Place fish and spice mix in a bowl and toss/stir fish until evenly coated.
3. Heat half the oil in a non stick frying pan and over a medium heat cook the fish in batches until lightly browned. Set fish aside in a baking dish
4. Heat the rest of the oil in the same pan to a medium heat and lightly cook onion and garlic. Once they are fragrant and translucent add to baking dish with fish along with lemons, olives, stock and sugar.
5. Bake uncovered for 10-15 minutes or until fish is cooked through. Remove from oven and sprinkle with coriander.
6. In a bowl combine couscous with boiling water and olive oil. Cover and stand for 5 minutes or until the liquid is absorbed. Then fluff the couscous with a fork and add herbs and currants and stir though.

Serve together



Afternoons

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