



## Spice Moroccan Stewed Fish with Couscous (18 minutes)

YIELD: 2 servings

### ingredients

- 1 cup quick-cook couscous
- olive oil
- 2 lemons
- sea salt and freshly ground
- 2 cloves of garlic
- 1 fresh red chili
- a bunch of fresh basil
- 1 teaspoon whole cumin seeds
- ¼ teaspoon ground cinnamon
- 2 x 6-ounce white fish fillets, skin off and bones removed
- ¾ pound large shrimp, raw, peeled
- 1 x 14-ounce can of diced tomatoes
- 2 handfuls of fresh or frozen peas, fava beans, or green beans (or use a mixture)

### preparation

You can make this recipe using any white fish or salmon fillets. It's incredibly quick to cook, and a really good thing to give the kids for dinner. I like to use a mixture of beans and peas, but if you find it easier to just use one of those that's fine — it will still be beautiful. Make sure that when you buy your fish, you ask the fishmonger to scale, fillet, and remove all the little bones from it for you. If not, you can have a go at removing the bones yourself — this is called pin-boning.

Put the couscous into a bowl and add a couple of tablespoons of olive oil. Halve the lemons and squeeze in the juice from two of the halves. Add a pinch of salt and pepper. Pour in just enough boiling water to cover the couscous, then cover the bowl with a plate or plastic wrap. Let the couscous soak up the water for 10 minutes.

Get a large saucepan on a medium heat. Peel and finely slice your garlic. Finely slice your chili. Pick the basil leaves off the stalks. Put the smaller ones to one side and roughly chop the larger ones. Add a couple of lugs of olive oil to the hot pan. Add the garlic, chili,



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basil, cumin seeds, and cinnamon. Give it all a stir and put the fish fillets on top. Scatter over the shrimp. Add the canned tomatoes and the peas and beans. Squeeze in the juice from the two remaining lemon halves. Put a lid on the pan. Bring to a boil, then turn the heat down to a simmer and cook for about 8 minutes, or until the fish is cooked through and flakes easily. Taste, and season with salt and pepper.

By the time the fish is cooked, the couscous should have sucked up all the water and be ready to serve. Spoon the couscous into a large serving bowl and give it a stir with a fork to help it fluff up. Top with the fish, vegetables, and juices from the pan, sprinkle with the reserved basil leaves, and tuck in!