

Fish Tagine with Preserved Lemon & Mint

Preparation Time: 5 min

Cooking Time: 20 min

Servings: 4

Ingredients

900g Fresh Fish, Cut into 3cm cubes
3 tbsp Extra Virgin Olive Oil
1 Red Onion, finely chopped
2 Carrots, finely chopped
2 Celery Sticks, finely chopped
1 Preserved Lemon, finely chopped
400g Tinned Tomatoes
150ml Water or Fish Stock
150ml Dry White Wine
Pinch Freshly Ground Pepper & Sea Salt
Bunch Fresh Mint, Shredded

For the Chermoula

3 Cloves Garlic
1 Red Chilli, Deseeded
Pinch Saffron Threads
Bunch Fresh Coriander
1 tsp Ground Cumin
1 Lemon, Juiced
2 tbsp Extra Virgin Olive Oil



Method

Prepare the chermoula by blending all of the ingredients until a smooth paste forms.

Reserve 2tsp of the chermoula paste and toss the fish in the remainder. Store in the fridge until ready to use. May be marinated for up to 2-3 hours.

Heat the oil in a tagine or heavy-based pot. Add the onions, carrots and celery and sauté until the vegetables have softened.

Add the reserved chermoula, preserved lemon, tomatoes, water or fish stock, white wine and pepper and salt. Bring the liquid to a boil and simmer, covered for 15 minutes.

Add the fish and cook for 6 to 10 minutes or until the fish is cooked.

Sprinkle over the shredded mint and serve with couscous.