

MOROCCAN HALIBUT

Time: 30 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
1 pound fresh skinless halibut - cut in four
¼ teaspoon kosher salt
¼ teaspoon black pepper – freshly ground
1 yellow bell pepper – chopped and seeded
5 shallots – chopped
2 cloves garlic – finely chopped
2 teaspoons ground coriander
1 teaspoon turmeric
28 ounce can diced tomatoes
4 tablespoons lemon juice
1 bunch fresh parsley – chopped

Preparation:

Preheat a deep, cast iron fry pan on medium high then add the olive oil.

Season the fish with the salt and pepper. Place in the pan and cook for two minutes on each side then remove from pan.

Add the pepper, shallots and garlic to the pan and cook, stirring often, for four minutes.

Add the coriander and turmeric, continuing to cook for one minute then add the tomatoes and lemon juice. Bring to a boil then reduce heat to low, return the fish to the pan and simmer covered for four minutes.

Carefully plate the fish, then stir the parsley into the tomato mixture. Pour the tomato sauce over the fish and serve.

Nutritional Information Per Serving:

Calories: 224
Fat: 7g
Carbs: 16g
Fibre: 4g
Protein: 27g