



Moroccan Spiced Grilled Fish with Herbed Zucchini Couscous

Servings: 4

Preparation Time: 25 minutes

Start to Finish Time: 55 minutes



Grilled fish topped with zesty Moroccan chermoula sauce, served over fluffy zucchini couscous. A vibrant, flavorful, and aromatic dish with fresh herbs and citrus notes.

FISH:

4 7-8 oz. halibut steaks

1 pinch Old Bay Seasoning

1/4 cup olive oil (plus more for drizzling)

FOOD PROCESSOR (chemoula sauce):

1 each red chile, finely chopped

2 cloves garlic, finely chopped

1/4 cup fresh mint, chopped

1/4 cup cilantro, chopped

1/4 cup flat-leaf parsley, chopped

1 1/2 teaspoon smoked paprika

1 teaspoon ground cumin

1 teaspoon ground coriander

salt and pepper, to taste

1 each juice of 1 lemon

1 teaspoon lemon zest

COOK:

2 tablespoons butter

1 small zucchini, chopped

1 1/2 cups chicken stock

1 1/2 cups couscous

PREP FISH:

Season the fish with the Old Bay and drizzle with olive oil.

PROCESS CHERMOULA SAUCE:

Using a food processor, finely chop the chile, garlic, mint, cilantro, parsley, paprika, cumin and coriander; season with salt and pepper. Add 1/4 cup olive oil and the lemon or lime juice and peel; pulse into a thick paste.

COOK ZUCCHINI & COUSCOUS:

In a large saucepan, melt the butter. Add the zucchini and cook over medium-high heat for 5 minutes; season with salt and pepper. Add the chicken stock and bring to a boil. Stir in the couscous, cover and turn off the heat. Let stand for 5 minutes, then fluff with a fork.

GRILL FISH:

Pre-heat a grill or griddle pan over medium-high heat. Grill the fish, turning once, until firm, 6-8 minutes.

Transfer to a platter, spread with the chermoula sauce and let stand for 5 minutes to absorb the flavors.

Serve with the couscous.

This dish features perfectly grilled fish fillets topped with a vibrant and zesty Moroccan Chermoula sauce, made from fresh cilantro, parsley, garlic, cumin, coriander, smoked paprika, lemon juice, and olive oil. The Chermoula sauce adds a burst of herbaceous and slightly spicy flavors, enhancing the delicate taste of the fish.

Accompanying the fish is a side of zucchini couscous, where fluffy couscous is cooked in vegetable broth and mixed with sautéed zucchini and onions. The zucchini adds a subtle crunch, while the onions provide a hint of sweetness. The couscous serves as a light and flavorful base for the dish.

Garnished with fresh herbs and served with lemon wedges, this dish offers a delightful combination of textures and flavors, creating a healthy, aromatic, and visually appealing meal perfect for any occasion.

Per Serving (excluding unknown items): 655 Calories; 24g Fat (33.3% calories from fat); 49g Protein; 59g Carbohydrate; 5g Dietary Fiber; 115mg Cholesterol; 345mg Sodium; 4g Total Sugars; 9mcg Vitamin D; 75mg Calcium; 3mg Iron; 1338mg Potassium; 645mg Phosphorus. Exchanges: .