



# Chermoula baked fish

## WITH LEMON COUSCOUS

### INGREDIENTS

#### Fish

6 fillets of sustainable white fish  
(cut into 150g portions)

#### Chermoula

2 cloves of garlic, chopped  
½ tsp ground cumin  
½ tsp paprika  
¼ tsp cayenne pepper  
4 tbsp coriander leaves, finely  
chopped  
1 tbsp celery leaves, finely chopped  
1 tbsp parsley, finely chopped  
Juice of 1 lemon  
½ a preserved lemon, rinsed and  
finely chopped  
3 tbsp olive oil

#### Preserved lemon couscous

½ preserved lemon, flesh and pith  
removed and zest rinsed and finely  
sliced  
½ bunch parsley, chopped  
1 cup wholewheat couscous  
Juice of 1 lemon  
Large pinch black pepper

### METHOD

#### Chermoula fish

Combine all the ingredients for the chermoula and pulse to a coarse paste in a food processor.

Preheat the oven to 180°C and grease a large baking tray.

Place the fish fillets in a single layer on the tray and spread with a tablespoon of the chermoula. Bake in the oven for about 10 minutes. The fish should just start to flake.

#### Preserved lemon couscous

Cover the couscous with boiling water and lemon juice. Allow the couscous to swell and steam for 1 minute, then loosen the granules with a fork.

Add the preserved lemon and steam for 1 minute in the microwave or over a pot of water. Check the seasoning, add the parsley and serve with chermoula fish.

#### To make your own preserved lemons

Choose a jar into which you can preserve the lemons. It should not be too big as they should squash a bit. Place a 1cm layer of coarse sea salt at the bottom of the jar.

Cut the lemons into quarters, but don't cut through the bottom. Take a tablespoon of coarse salt and rub it in the inside. Place the lemon into the bottle and repeat with the rest. Squeeze a bit of juice out as you force them into the jar. You want the lemons to be covered completely in a salty lemon juice. Add dried spices for extra flavour.

Seal the jar, store in a warm, dark place and leave it there for at least three weeks. The lemon rinds should now be soft and ready to use.