

Moroccan fish and vegetables

- 1 tbsp. of spices (coriander, oregano, cinnamon, cumin, ginger, pepper flakes)
- 650 g of cod fillet
- ½ red onion, cut into pieces
- 1 red pepper, sliced
- 1 bag of green beans, trimmed and cut in 2
- 6 dried apricots, cut in 2
- 1½ cup of couscous
- 1 tsp. lemon zest, juice of ½ a lemon
- 1 bunch of mint, chopped



1. Preheat oven to 200 °C (400 °F). On a plate, combine spices and ½ tsp. of pepper. Cover fish with spice mixture.
2. In a large skillet, warm 1 tbsp. of oil over medium heat. Cook fish, 4 to 5 min. Transfer to a baking sheet, cook in the oven until it is cooked throughout, about 5 min.
3. In the same skillet over medium-high heat, warm 1 tbsp. of oil. Add onion, zucchinis, red pepper, green beans and apricots. Cook for 2 min. Deglaze with ½ cup of broth, bring to a boil. Add honey, cover and let simmer over medium heat about 3 min. Add salt.
4. In a medium saucepan, bring to a boil: 1½ cup of chicken broth, lemon juice and 1 tbsp. of oil. Turn off heat, add couscous and let it rest 5 min. Stir with a fork, add mint, zest and salt. Serve fish and vegetables on a bed of couscous.



- 3 tbsp. of évoilà5 extra virgin olive oil
- 500 ml (2 cups) of chicken broth
- 1 tbsp. of honey or brown sugar

évoilà *Bon appétit*