

Moroccan Fish with Peppers

Serves 4:

Ingredients

1 1/2 pounds halibut, cod or scrod fillets
kosher salt and freshly ground black pepper
2 to 3 multi-colored bell peppers
1 red onion
large pinch of Spanish saffron
4 to 6 garlic cloves
2 to 3 tablespoons olive oil
2 to 3 fresh plum tomatoes, sliced, or roughly chopped canned peeled tomatoes with a bit of their juice
2 tablespoons tomato paste
2 teaspoons harissa, or substitute 1/2 teaspoon cayenne and 2 teaspoons sweet paprika
1 teaspoon smoked paprika
juice of 1 to 2 lemons
2 tablespoons minced parsley
2 tablespoons minced cilantro

Preparation

Season fish fillets with kosher salt and freshly ground black pepper.
Slice bell peppers and red onion into rings; smash cloves of garlic.
In a large sauté pan, heat olive oil over medium heat and sauté vegetables.
Put a large pinch of Spanish saffron into a small bowl and add a bit of warm water to "bloom" it.

When vegetables are translucent, add saffron water.
Add either sliced fresh tomatoes or roughly chopped canned peeled tomatoes with a bit of their juice.
Stir in tomato paste, harissa, smoked paprika, kosher salt and freshly ground black pepper to taste.
If you don't have harissa, substitute cayenne pepper and sweet paprika.
Stir until vegetables are well coated with spices and sauce.
Nestle seasoned fish in amongst vegetables in the pan, turn heat down to low to medium-low and cover.
Let simmer for 15 to 20 minutes for whole fillet, or until the fish is opaque and flaky.
If you cook individual fillets, adjust cooking time--smaller fillets will probably cook in about 10 minutes.
Just before serving, add lemon juice to taste and sprinkle in minced parsley and cilantro.

Spoon plenty of sauce and vegetables over fish fillets when serving.