

Sea bream & vegetables tajine

Preparation time: 20 to 25 minutes

Cooking time: 60 minutes

Ingredients (for one person):

- A sea bream filet
- 1 big carrot
- ½ pepper
- 1 potato
- 1 tomato
- A bouquet of fresh parsley and coriander
- ½ a preserved lemon skin
- 1 garlic clove
- A pinch of saffron
- 1 teaspoon of paprika
- ½ teaspoon of cumin
- A pinch of hot chili
- ½ teaspoon of coriander
- ½ teaspoon of ginger
- ½ teaspoon of turmeric
- Salt
- 1 tablespoon of lemon juice
- A bay leaf
- 2 tablespoons of olive oil
- 10 green olives

Preparation

Chop finely and paste a garlic clove, a bouquet of parsley and coriander and the skin of half a preserved lemon. Put them in a bowl with, 2 tablespoons of olive oil and the spices: cumin, coriander, paprika, ginger, turmeric, a pinch of saffron and salt and a bay leaf. If you like your food spicy you can add some hot chilli. Use half of the marinade for the fish, covering both sides. Let marinate.

While the fish marinates, peel and chop in rounds the tomato, potato and carrot. First place the carrot in the marinade and cover the bottom of the tajine, repeat the same with the potato then tomatoes and place the fish on top, skin side down. Cut half a pepper into stripes and place on the fish. Place the zest of the lemon on top and scatter with olives.

On low heat, let cook the tajine for about an hour. You need to be close to the tajine to check if it doesn't stick. You can always add a little bit of cold water on the side of it.

When the tajine is cooked, checking the carrots add a tablespoon of argan oil on top.

Enjoy your tajine!