

ANNA

Spice Rubbed Fish With Apricot Couscous

Here, the spice of the fish pairs beautifully with the sweetness of apricot. Simple, delicious and ready in twenty minutes.

Ingredients

4 (5-ounce) firm white fish fillets (cod, halibut or tilapia)
1 tablespoon extra-virgin olive oil
1 tablespoon mild curry paste (Madras)
½ teaspoon ground cumin
1 tablespoon fresh lime juice
1 tablespoon honey
2 tablespoons canola oil
Sea salt and freshly ground pepper, to taste

Couscous

2 cups good quality chicken stock
2 cups dried couscous
1 tablespoon butter
¼ cup chopped apricots, extra for garnish
¼ cup chopped fresh cilantro, extra for garnish

Preparation

For couscous, bring stock to boil in small saucepan. Remove from heat and stir in couscous and butter. Cover and let stand 5 minutes or until liquid is absorbed. Fluff with fork; stir in apricots and fresh cilantro. For fish, in medium bowl, combine olive oil, curry paste, cumin, lime juice and honey.

Add fish and rub well with spices. Heat oil in large nonstick skillet; fry fish 4 to 6 minutes per side or until nearly opaque in centre. To assemble, divide couscous among 4 plates and top with fish. Season with salt and pepper and garnish with apricots and cilantro.