

Spicy Moroccan Fish with Chickpeas and Preserved Lemon

Poisson à la Marocaine (Moroccan-Style Fish)



TIME
30 min

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INGREDIENTS

4 large tomatoes, diced
1 tsp heaping cumin
4 sea bass fillets (or other firm white fish), halved
3 garlic cloves, peeled and minced
Olive oil
1 can (14 oz) chickpeas, rinsed and drained
3 small preserved lemons (beldi style), chopped
1 heaping tsp paprika
Juice of ½ lemon
1 heaping tsp mild chili powder
½ tsp turmeric
2 dried ãora peppers (or substitute dried ancho/guajillo)
2 tbsp chopped parsley and coriander
1 heaping tsp tomato paste
Pinch of sugar
Salt and black pepper, to taste
Water, as needed

DIRECTIONS

- 1.** Marinate the Fish: Rinse and pat dry the fish, then cut into large chunks. In a bowl, combine olive oil, lemon juice, chopped coriander, cumin, paprika, salt, and pepper. Add the fish and coat well. Marinate in the fridge for at least 30 minutes.
- 2.** Prepare the Tomato Base: Dice the tomatoes and sautø them in a large skillet with olive oil, the tomato paste, salt, and a pinch of sugar. Cook over medium heat until the tomatoes break down and the mixture becomes jammy.
- 3.** Build the Sauce: Add enough water to loosen the tomato base. Stir in paprika, mild chili powder, cumin, turmeric, ãora peppers (whole or chopped), and minced garlic. Simmer for 10-15 minutes until fragrant and reduced.
- 4.** Add the Fish and Chickpeas: Gently place the marinated fish pieces into the sauce. Cover and cook over low heat for about 15 minutes, until the fish is fully cooked. Add chickpeas and preserved lemons; simmer for another 5 minutes until heated through.
- 5.** Serve & Garnish: Garnish with fresh parsley and coriander. Serve hot with a lemon wedge, alongside couscous, rice, or crusty bread.

TIPS FOR SUCCESS

Use firm white fish like cod, halibut, or haddock if sea bass isn't available. ãora substitute : Use dried guajillo, ancho, or a small pinch of chili flakes.

Preserved lemon adds salty-citrusy magic-don't skip it!

Make ahead : The flavors deepen if made a day early and reheated. ?

