

Moroccan Fish with Saffron: A Flavorful One-Pan Meal

500g firm white fish (cod, halibut, or sea bass), cut into 4-5 pieces



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7 min

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INGREDIENTS

For the Fish:

500g firm white fish (cod, halibut, or sea bass),
cut into 4-5 pieces

Salt and black pepper to taste

For the Vegetables:

1 large onion, thinly sliced

1 red bell pepper, thinly sliced

2 cloves garlic, minced

1 (14.5 ounce) can diced tomatoes

1/2 cup fish or vegetable broth

1/4 cup chopped fresh cilantro

1/4 cup chopped fresh parsley

1/4 cup pitted green olives (optional)

For the Spice Blend:

1 tablespoon olive oil

1 teaspoon ground cumin

1 teaspoon smoked paprika

1/2 teaspoon ground coriander

1/4 teaspoon cayenne pepper (optional)

A pinch of saffron threads, dissolved in 1
tablespoon hot water

For Serving:

Cooked couscous or rice

Lemon wedges

Swaps and Notes:

Fish: Any firm white fish will work well here. Cod,

halibut, and sea bass are great choices because they hold their shape during simmering.

Saffron: Saffron can be expensive, but a little goes a long way. It provides a unique flavor and beautiful golden color. If you don't have it, you can still make a delicious dish without it.

Olives: The pitted green olives add a briny, salty pop that is a classic in Moroccan cuisine. You can omit them if you're not a fan.

Herbs: Fresh cilantro and parsley are a must for this recipe. They add a bright, fresh flavor that complements the warm spices.

Step-by-Step Instructions:

Season the Fish: Pat the fish fillets dry with a paper towel. Season them generously with salt and black pepper on both sides. Set aside.

Sautø the Vegetables: In a large skillet or Dutch oven, heat the olive oil over medium-high heat. Add the thinly sliced onion and red bell pepper. Cook for 5-7 minutes, stirring occasionally, until they are soft and tender. Add the minced garlic and cook for another minute until fragrant.

Add the Spices: Reduce the heat to medium. Add the ground cumin, smoked paprika, ground coriander, and cayenne pepper (if using) to the pan. Cook for about 30 seconds, stirring constantly, until the spices are fragrant.

Create the Sauce: Pour in the can of diced tomatoes (with their juice) and the fish or vegetable broth. Stir in the chopped fresh cilantro and parsley, and the dissolved saffron. Bring the sauce to a gentle simmer.

Add the Fish and Olives: Carefully nestle the seasoned fish fillets into the sauce. Add the pitted green olives if you're using them. Reduce the heat to low, cover the skillet, and let it simmer for 8-10 minutes, or until the fish is cooked through and flakes easily with a fork.

Serve: Remove from the heat. Serve the fish immediately, spooning the flavorful sauce and vegetables over the top. Garnish with a fresh squeeze of lemon juice and a sprinkle of extra herbs. This dish is fantastic served over a bed of warm couscous or rice.

Tips for Success:

DIRECTIONS

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7. **Tips for Success: Don't Overcook the Fish:** Watch the fish carefully. It cooks quickly, and you want to pull it from the heat as soon as it's flaky to keep it from getting dry.
8. **Toast the : Spices:** Cooking the spices for a short time before adding the liquids helps to "bloom" them and release their full flavor.
9. **Use a : Quality Broth:** A good quality fish or vegetable broth will make a difference in the final flavor of the sauce.
10. **Fresh : Herbs are a Must:** Fresh cilantro and parsley are key to the vibrant, fresh flavor of this dish.
11. **Serving Suggestions and Pairings:** This Moroccan Fish with Saffron is a perfect centerpiece for a special dinner. It pairs beautifully with a simple side of couscous or rice to soak up the delicious sauce. You could also serve it with a side of steamed green beans or a light salad. The rich, savory flavors would also complement a hearty meal like a classic Cajun Chicken Sausage Gumbo for a diverse spread.
12. **Nutritional Information (per serving, approximate):**
Calories: 350 kcal
13. **Carbohydrates:** 15g
14. **Protein:** 35g
15. **Fat:** 15g
16. **Saturated : Fat:** 3g
17. **Cholesterol:** 70mg
18. **Sodium:** 700mg
19. **Fiber:** 4g
20. **Sugar:** 5g
21. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. **Storage and Leftover Tips:** This dish is best served fresh. However, if you have leftovers, you can store them in an airtight container in the refrigerator for up to 1 day. To reheat, warm it gently in a skillet over low heat. Be careful not to overcook the fish.
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SWAPS & NOTES

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