

RECIPE CARD

SPICY NORWEGIAN COD TAGINE, OLIVES AND PRESERVED LEMON

SERVES 4 | PREP TIME: 10 MINS | COOK TIME: 20 MINS

INGREDIENTS

- 2 tbsp Olive oil
 - 1 Onion, finely chopped
 - 3 Garlic cloves, crushed
 - 2 tsp Ground coriander
 - 2 tsp Ground cumin
 - 2 tbsp Harissa paste
 - 1 Yellow pepper, cut into chunks
 - 1 x 400g tin chopped tomatoes
 - 200ml reduced salt vegetable stock
 - 1 Preserved lemon, pips and flesh removed, finely sliced
 - ½ tbsp honey
 - Salt & pepper
 - 50g Pitted green olives
 - A small handful fresh coriander, chopped, plus extra leaves to serve
 - a small handful fresh parsley, chopped
 - 4 x 130g Norwegian cod fillets, skin off, cut into chunks
- For the chermoula (optional):
- A small handful of fresh coriander, chopped
 - A small handful of fresh parsley, chopped
 - 2 Cloves garlic, crushed
 - 1 Preserved lemon, pips and flesh removed, finely sliced
 - 2 tbsp olive oil
 - Salt to taste
 - ½ tsp paprika
 - A good pinch of ground cumin
 - Juice of ½ a lemon

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METHOD

For the Tagine

1. Heat the olive oil in a large frying pan and add the onion and garlic and cook until slightly soft.
2. Add the ground coriander, ground cumin and Harissa paste and fry gently for 2-3 minutes, stirring occasionally.
3. Add the yellow pepper, tinned tomatoes, stock, preserved lemon and honey.
4. Bring to a gentle simmer and cook for 8-10 minutes, adding a little more stock if necessary.
5. Stir in the olives, coriander and parsley and season with salt and pepper to taste.
6. Add the pieces of cod to the tagine and simmer gently for around 4-5 minutes, occasionally basting with the sauce, until the fish is just cooked.
7. Scatter the fish tagine with the remaining coriander leaves and serve immediately with the chermoula (optional).

For the Chermoula

1. In a small bowl mix all the ingredients together and serve with the tagine.
2. This tagine is lovely served with couscous, rice, quinoa or simply some crusty bread and a green salad.