

Less than 30 minutes

Serves 4

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Ingredients:

- 1 cup (250ml) uncooked couscous
- 1 Tbsp (15ml) Moroccan spice
- Salt and milled pepper
- 2 Tbsp (30ml) olive oil
- 2 peppers, diced (we used red and yellow variety)
- 4 kingklip fillets

Dressing:

- 1 lemon, halved
- 3 Tbsp (45ml) tahini paste or mayonnaise
- 2 Tbsp (30ml) olive oil
- Salt and milled pepper

For serving:

- 1 packet (300g) broccoli stems, blanched
- 1 large avocado, peeled and quartered
- Handful micro herbs

Method

1. Mix couscous, Moroccan spice and seasoning in a bowl and pour over boiling water (enough to cover the mixture).
2. Cover with clingfilm and allow to stand for 15 minutes.
3. Heat 1 Tbsp (15ml) oil in a pan and sauté peppers. Season.
4. Fluff couscous with a fork and toss through peppers.
5. Season fish and pan-fry in remaining oil until cooked to your liking.

6. Place lemon halves, cut-side down, in the same pan and caramelize.
7. Squeeze liquid from lemon halves into a bowl and stir through tahini or mayo and olive oil.
8. Season and divide couscous between bowls and top with fish.
9. Serve with broccoli, avo and micro herbs, and a drizzle of dressing.

GOOD IDEA

Make your own Moroccan spice by combining ½ tsp (3ml) cinnamon, 1 tsp (5ml) each ground cumin, coriander, allspice and chilli flakes.

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