

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Moroccan Fish Fillets

### Ingredients Serves 4

- 1 clove garlic, crushed
- 1 cm piece of ginger (5g), grated
- 1 tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp hot paprika
- ½ tsp ground coriander
- 4 x 200g fish fillets (salmon or white fish), skinned
- 1 tbsp olive oil

### Couscous

- 400g quick cook couscous
- 500ml boiling water
- 50g butter
- 1 large pear, chopped finely
- 80g finely chopped apricots
- 95g coarsely chopped dried figs
- Small bunch of chopped flat leaf parsley
- 40g roasted pine nuts

### Method

Combine garlic, ginger and spices in a bowl. Add the fish, toss to coat in the spice mixture. Heat the oil in a large frying pan and cook the fish in batches until browned on both sides and cooked as desired.

**Couscous** – Combine the couscous, the water and butter in a large heatproof bowl, cover and stand for 5 minutes or until the liquid is absorbed, fluffing with a fork occasionally. Stir in the remaining ingredients.

Divide couscous between four plates and top with the fish. Serve with mango chutney.

### Approx per serving

- Cals 677
- Fat 25.5g
- Protein 54.5g
- Carbs 57.9g