

# FISH TAGINE

## Ingredients

- 4 Whole Fish (e.g.- Red Mullet, )
- Chopped tomatoes (tinned or fresh)
- Fresh Tomato (sliced)
- Tomato puree
- Potatoes (thick sliced)
- Green and Red Pepper (thick sliced)
- Olives (mixed green and red)
- Lemon
- Fresh flat-leaf Parsley (chopped)
- Garlic (2-4 cloves, chopped)
- Paprika
- Chilli powder
- Ground Cumin
- White and Black Pepper
- Olive Oil
- Vegetable Oil

## Method

- Remove the guts and head from the fish and cut lengthways into 3 large pieces
- Into a large saucepan add the chopped tomatoes, parsley, large pinch paprika, large pinch cumin, small pinch chilli powder and a large pinch of white pepper
- Add approx. 2 tbsp. olive oil and 6 tbsp. vegetable oil plus 2-4 cloves of garlic
- Put saucepan on a high heat, stirring to heat through
- Add approx. 2 cups of cold water, stir and taste
- Add tomato puree and 2 more cups water- stir well
- Add sliced potato, green and red pepper plus 2 more cups water- stir
- Leave on high heat, stirring occasionally, until potato slices are cooked then add the sliced fresh tomato and 4 handfuls of olives.
- Take a few ladles of the sauce from the saucepan and add to a frying pan over a high heat.
- Place the fish pieces into the frying pan, baste with the sauce and cook through
- When fish is cooked, divide between the Tagine dishes and arrange the vegetables on top of the fish, adding some sauce and olives around the edge.
- Garnish with a tomato slice in the centre, fresh parsley and a lemon wedge and serve immediately.