



MOROCCAN SALMON

SERVES: 6 to 8

PREP TIME: 30 minutes

COOKING TIME: 25 minutes

INGREDIENTS

You can use any fish, but I love Atlantic salmon.

- 6 to 8 fish fillets, approximately 6 oz each
- a bunch of fresh parsley. I use flat leaf, but Italian or any variety will do.
- a bunch of fresh cilantro
- 4 to 6 ripe tomatoes, sliced thinly. I use vine ripe tomatoes.
- 4 to 6 peppers of any colour, roasted, or a glass jar of roasted peppers, sliced thinly
- 4 lemons
- 4 to 6 finely chopped or grated garlic cloves
- 2 to 3 heaping TBSP paprika
- 2 to 3 heaping tsp cumin
- 1/3 cup olive oil
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F, and place a rack in the centre of the oven.
2. In a low profile roasting pan (I use glass), cover the bottom with a good layer of the sliced tomatoes.
3. Then lay the sliced peppers on top.
4. Sprinkle some of your finely chopped garlic, salt and pepper over the bed of vegetables.
5. In a small bowl or a 1 cup measuring cup, mix together the olive oil, juice of ½ to 1 lemon, remaining chopped garlic, the paprika, cumin, salt and pepper. (I taste to know if I need more of any ingredients.)
6. Mix well to form a thick paste texture.
7. Clean the parsley and cilantro. Remove large stems and finely chop. I use maybe half of the bunch. It's up to you how much you want to use.
8. Sprinkle about half of the parsley and cilantro over the bed of vegetables.
9. Drizzle about half of your paste mixture over the herbs.
10. Lay the fish, skin-side down, covering the surface of the vegetables.
11. Sprinkle the remaining fresh herbs over the fish.
12. Pour the remaining amount of your paste mixture. If you have too much paste mixture, don't use it all.
13. Sprinkle some salt and pepper over everything.
14. Remove the skin and seeds from the 3 remaining lemons, slice into thin rounds, and place on top for garnish.
15. Cover pan with foil and cook for about 20 minutes.
16. Remove foil and cook about 5 minutes more. Check for doneness.

If you have reserved oil lemon paste, store in fridge or freezer. It can be used as a great salad dressing or marinade.