



Swordfish Tagine with Chermoula Sauce

For Tagine:

Ingredients

2 lbs.	Swordfish, cut into large (3/4") dice
2 each	Ripe tomatoes, sliced
1 each	Lemon, sliced
1 each	Red bell pepper, sliced
1 each	Green bell pepper, sliced
¼ cup	Kalamata olives, seeded
1 cup	Fish stock or water
2 Tbsp.	Chermoula sauce

Directions:

- Pre-heat oven to 400°F (200°C).
- Wash fish under running water, then dry well with a paper towel. Place into tagine dish, Dutch oven or large, deep, oven-proof pan.
- Add chermoula sauce to the fish, then the tomatoes, lemon, bell peppers, olives and fish stock.
- Mix all ingredients well. Cover and bake for 20-25 minutes or until the fish is cooked. Serve hot.

For Chermoula sauce:

Ingredients

1 Tbsp.	American (curly) parsley, leaves only
1 Tbsp.	Sweet paprika
1 Tbsp.	Ground cumin
1 Tbsp.	Ground coriander
½ tsp.	Ground ginger
3 each	Garlic cloves
2 Tbsp.	Lemon juice, fresh squeezed
¼ cup	Extra virgin olive oil
½ tsp.	Salt
½ tsp.	Red pepper flakes (optional)

Directions:

- Combine all ingredients in a food processor, except the olive oil, and mix. Add olive oil gradually while mixing until well blended. Set aside.

Serves 4