

# Moroccan Paprika Spiced Fish

From the healthy kitchen of Melissa Nordin @ <http://www.melissanordin.com>



Time to Prepare: 10 minutes



Cook Time: 15 minutes



Serving: 4 People

## Ingredients

- 4 fish fillets
- 1 bunch fresh cilantro
- 1 tomato sliced thinly
- 1 fresh jalapeno pepper sliced thinly or 1/3 cup jarred jalapenos
- ¼ tsp. Turmeric
- 1 Tbsp Paprika
- 1 ¼ cups water or stock of choice
- ¼ cup Jalapeno pepper water from jar or use 2 Tbsp vinegar
- 1 cup of green vegetables (thinly sliced zucchini, spinach, or julienned snow peas are great)
- ½ lemon, juiced
- Olive oil



## Cooking Method

1. Find a wide, deep skillet
2. Make a bed for the fish of the following items to coat the bottom of the pan: Chopped up cilantro enough to cover the bottom of the pan, ½ of the tomato sliced, ½ of the jalapeno sliced thinly
3. Place fish fillets on top of the bed. Season fillets with turmeric and paprika, then layer with the remaining cilantro, tomato and jalapeno over fish
4. Drizzle olive oil over the fillets, and quickly sauté until you hear a sizzle
5. Add water/stock mixture carefully so as not to disturb the bed or layering of vegetables. Add the lemon juice
6. Allow mixture to come to a boil. Cover and simmer for 10-15 minutes, carefully basting fish and vegetables with stock
7. Allow mixture to reduce to half
8. Scatter green vegetables over fish the last 2-5 minutes of cooking until just blanched
9. Serve over rice, quinoa, Faro, or any grain you wish

*This is a great opportunity to clear out the refrigerator and use any produce you wish.*