

# White fish tagine

1 tbsp olive oil  
100g yellow onion, chopped  
2 garlic cloves, crushed  
2 tsps fresh ginger, chopped  
½ tsp dried red chilli flakes  
1 heaped tsp ground cumin  
1 heaped tsp ground coriander  
2 heaped tsps Lebanese 7 spice or  
dried mixed spice  
juice of ½ a lemon  
1½ tbsps tomato purée  
750ml cold water  
600g cod fillet, diced  
25g almonds, chopped  
a small bunch of fresh coriander,  
chopped

**SERVES 3**

Heat the oil in a tagine or large saucepan over a medium flame. Add the onion and fry for 4 minutes, stirring occasionally until soft.

Add the garlic and ginger and fry for 1 minute, stirring.

Add the chilli flakes, cumin, coriander, Lebanese 7 spice, lemon juice and tomato purée. Stir well and cook for 1 minute.

Add the water, bring to a boil and simmer for 10 minutes. Add a drop more water if the mixture is too thick.

Add the fish. Cover and simmer for 5 minutes.

Serve topped with almonds and garnished with coriander.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*



**PER SERVING:**  
262 Calories  
10g Carbs  
33g Protein  
10g Fat



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