

## Medi's Moroccan Fish

Serves 4



### Ingredients

4- red bell peppers, coarsely chopped  
2 jalapeno peppers  
2 dried red Japanese chili peppers  
8-9 garlic cloves  
4-6 pieces of preserved lemon\*\*  
1 bunch parsley, chopped  
1 bunch cilantro, chopped  
2 teaspoons paprika,  
1 teaspoon turmeric  
Olive Oil  
Salt  
1 – 15.5 ounce can garbanzo beans, drained  
1 – 12 ounce can tomato puree  
4 pieces of salmon (8 oz each)

### Directions

1. In a large Dutch oven, heat 2 tablespoons of olive oil until hot.
2. Saute the red peppers until softened.
3. Add the whole peppers and garlic and sauté for 3-4 minutes, until softened,
4. Add the preserved lemon and drained garbanzo beans
- 4, Add salmon to pot and pour over tomato puree.
5. In a separate bowl mix  $\frac{1}{4}$  cup olive oil, paprika and turmeric and pour over fish.
6. Add chopped parsley and cilantro and mix well.
7. Cover pot and cook over medium heat for 20 minutes.
8. Add salt to taste.

\*\* Preserved lemon is a fermented, salty, citrus condiment used in Middle Eastern cuisine.

**Nutrition Facts**  
**Medi's Moroccan Fish**  
**Serving size: 8 ounce portion**

Amount per serving

Calories 696

% Daily Value\*

**Total Fat** 34.6g 44%

Saturated Fat 6.5g 33%

**Cholesterol** 130mg 43%

**Sodium** 545mg 24%

**Total Carbohydrate** 56.3g 20%

Dietary Fiber 17.9g 64%

Total Sugars 9.1g

**Protein** 55.7g

Vitamin D 0mcg 0%

Calcium 211mg 16%

Iron 7mg 37%

Potassium 1241mg 26%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by [www.verywellfit.com](http://www.verywellfit.com)