



Mediterranean Fish with Tomatoes, Olives, and Pearl Couscous

Recipe By DEBORAH ADAMS

SERVES: 2

INGREDIENTS:

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| <input type="checkbox"/> 2 fish fillets (cod, grouper, flounder, salmon, or your favorite) | <input type="checkbox"/> ½ tsp. smoked paprika |
| <input type="checkbox"/> 1 small sweet onion, sliced | <input type="checkbox"/> 1 tsp. oregano |
| <input type="checkbox"/> 1 bell pepper, any color, sliced | <input type="checkbox"/> 1 pinch cayenne pepper |
| <input type="checkbox"/> ½ cup olives, any type | <input type="checkbox"/> 2 tbsp. olive oil (divided) |
| <input type="checkbox"/> 1 (14 oz.) can diced tomatoes, partially drained | <input type="checkbox"/> 1 tsp. brown sugar |
| | <input type="checkbox"/> 2 cups cooked pearl couscous |
| | <input type="checkbox"/> salt & pepper, to taste |

DIRECTIONS:

- ☐ 1. Gently pat fish dry with a paper towel. Drizzle fish with 1 tbsp. olive oil. Sprinkle on salt, pepper, smoked paprika, oregano, and cayenne pepper.
- ☐ 2. Heat 1 tbsp. olive oil in a large skillet and saute onions and peppers for about 4 minutes.
- ☐ 3. Stir in garlic and season with salt and pepper.
- ☐ 4. Add diced tomatoes, brown sugar, and olives and stir.
- ☐ 5. Turn the heat to medium and place fish on top of the onions and peppers.
- ☐ 6. Cover and cook for about 12-15 minutes, until fish flakes easily.
- ☐ 7. Place the couscous in dish, add tomato mixture, then fish on top.
- ☐ 8. Serve with lime wedges, feta cheese, and parsley.

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