



Authentic Moroccan Salmon

Prep Time : 10 mins

Cook Time : 30 mins

Servings : Per Fillet

INGREDIENTS

- 2 garlic heads peeled
- 2 red pepper
- Chilli pepper (depends on how hot you like it)
- Fresh coriander
- 1 carrot
- Tomato purée
- Oil
- Sweet Paprika
- Salt
- Chicken Consommé

DIRECTIONS

1. In a shallow pot add some oil to cover the bottom of the pot generously
2. Add the peeled vegetables in and leave on a medium flame for around 2 minutes (until you notice a slight colour change to the oil)
3. Add water to fill 2/3 of the pot (hence a shallow pot)
4. Add 2 – 3 spoons of tomato puree
5. Add the spices in, paprika, salt, consommé
6. Add in the fresh coriander
7. Let the sauce cook/ boil and thicken (you may need to add more tomato puree or consommé)
8. Add in the Salmon and allow it to cook on a high flame for 8 minutes this way it stays nice and soft

NOTES :

Once the sauce is cooked, ensure to only add in the salmon to cook for no more than 10 minutes. You may wish to add in some slices of potatoes too, in addition to the carrots and peppers

The Moroccan Salmon has become the go to fish starter for many families, even non Moroccan and dare I say, even Ashkenazim!