

## OVEN BAKED KINGFISH WITH ALMOND COUSCOUS

**SERVES:** Serves 4 as a main

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### **INGREDIENTS**

- 1 side of South Australian Yellowtail Kingfish
- 700g passata
- 2/3 cup olive oil
- 1 brown onion, sliced
- 4 gloves garlic, minced
- 1/2 red capsicum, cut into batons
- 1/2 green capsicum, cut into batons
- 1 tbs dried oregano
- 1 tbs sweet paprika
- 1 tsp ground cumin
- ½ tsp ground coriander
- ½ tsp ground cinnamon
- ¼ cup dried currants
- 2 tbs caster sugar
- 4 tbs red wine vinegar
- 2 tbs salt
- 1 tsp cracked black pepper

### **Couscous:**

- 1 cup dried couscous
- 1 cup blanched almonds, toasted and roughly chopped
- ¼ cup picked parsley
- ¼ cup picked mint
- Dressing:
- ¼ extra virgin olive oil
- 4 tbs red wine vinegar
- 1 tsp salt
- 1 tsp cracked black pepper

### **METHOD**

1. Preheat oven to 180°C.
2. In a bowl, combine oregano, paprika, cumin, coriander and cinnamon. Set aside.
3. In a large saucepan, heat olive oil over medium heat. Add the onion and capsicum and cook until tender.
4. Add the garlic and cook, while stirring, until tender and aromatic.
5. Turn the heat to low and add the mixed herbs and spices and allow to cook for a few minutes. The oil should turn a red colour.

# SOUTH AUSTRALIAN YELLOWTAIL KINGFISH

6. Once the oil has coloured, add the passata, salt, pepper, sugar and red wine vinegar and currants. Allow the sauce to simmer on low heat for 15 minutes.
7. While the sauce is simmering, place the Kingfish side in an oven safe dish.
8. Spoon the sauce into the dish, covering and surrounding the Kingfish. Bake for 25-30 minutes to your liking. Be careful not to overcook.
9. Place the couscous in a large bowl and add 1 cup of boiling water. Cover the bowl and allow to sit for 10 minutes to cook.
10. Once cooked, use a fork to scrape the couscous until it becomes fluffy.
11. Gently mix through the herbs, almonds and dressing.
12. To serve and share, lay couscous on a large serving platter and place the cooked Kingfish on top. Spoon over additional sauce from baking tray.

