

Moroccan Trout with Chickpeas and Basmati Rice

Scott Gee

Mike picked this dish for our 2019 holiday fish fest. It's good for entertaining.



Ingredients (serves 4):

8 small or 4 medium trout (rockfish, cod, sole, walleye) fillets, skin on & scaled

Dry Rub

1 1/2 teaspoon ground cumin
1 teaspoon sea salt
1 teaspoon onion powder
1 teaspoon sweet Hungarian paprika
1/2 teaspoon cinnamon
1/2 teaspoon turmeric
1/2 teaspoon sweet smoked Spanish paprika (Pimenton Dulce)
1/2 teaspoon Aleppo pepper or 1/4 teaspoon cayenne
1/2 teaspoon ground ginger
1/2 teaspoon black pepper
1/2 teaspoon ground coriander

Sauce

1 tablespoon olive oil
1 red bell pepper, thinly sliced
1 sweet onion, chopped
6 garlic cloves, minced
1 tablespoon double concentrated tomato paste
14 ounce can crushed fire roasted tomatoes
14 ounce can diced fire roasted tomatoes
1 can (15 ounce) garbanzo beans, rinsed and drained
3/4 cup low sodium chicken broth
1/2 large lemon, juiced
1 cinnamon stick
1 teaspoon sea salt
2 teaspoons Harissa paste or Sriracha

Garish

1 small bunch cilantro, chopped
1/2 large lemon, cut into wedges
1/4 cup slivered almonds

Nice

1 cup Basmati rice
1 cups low sodium chicken broth

Tools

Large deep skillet with lid
Instant Pot or other pressure cooker

Directions:

In bowl combine the dry rub ingredients and mix well. Transfer the dry rub to a large plate. Dip each fish fillet in the dry rub, flesh side only, and coat well. Set the fillets aside on a plate while you make the sauce. Reserve any leftover dry rub.

In a large deep skillet, add the olive oil and heat on medium. Add the onion and bell pepper and cook for a few minutes until soft. Add the garlic and turn down the heat and continue cooking for a few minutes. Add the rest of the sauce ingredients and any leftover dry rub. Bring to a boil then simmer covered for about 5 minutes. Lay the fish on top of the sauce, skin side down. Cover with a lid and cook for 5-20 minutes until the fish flakes easily. While the fish is cooking, make the rice. When the fish is done, garnish with cilantro, slivered almonds and and lemon wedges and serve in the skillet.

Add the Basmati rice and chicken broth to an Instant Pot. Set to MANUAL-HIGH-6 MINUTES. After 6 minutes use a 10 minute natural pressure release. Fluff the rice and serve.