

Recipes

Jamie Oliver
AT HOME
by Tefal

Fish Steamed with Couscous



Preparation time : **10 min**
Cooking time : **18 min**

Ingredients

1 handful barley couscous
Tepid water
½ onion, finely chopped
2 cloves garlic, sliced
2 red chillies, de-seeded, 1 chopped and 1 finely sliced
Extra virgin olive oil
1 tsp sea salt
1 tsp fennel seeds
1 tsp cumin seeds
1 tsp coriander seeds
1 x 2.5cm piece cinnamon
Knob unsalted butter
1 large bunch fresh coriander, leaves picked, stalks finely sliced
240g clams
2 John Dory fillets, skin on, scaled and pinboned
2 red Mullet fillets, skin on, scaled and pinboned
120g Monkfish, cut into chunks
Sea salt and freshly ground black pepper
2 lemons, 1 cut in ½ and 1 cut into wedges for serving
3 tbsp crème fraiche



1. Put the couscous in a bowl and cover with tepid water. It will soften and double in size.
2. On low heat, heat a medium-sized Tefal saucepan and sauté the onion, garlic and chilli in oil.
3. Pound in the mortar the salt, fennel and cumin seeds, coriander seeds and cinnamon. Add to the onion with the butter, then once melted add the finely sliced coriander stalks and the couscous. Break it up with your spoon.
4. Turn the heat down to a very low heat, and add the fish, skin side up. Drizzle with olive oil, a bit of salt and pepper and throw in the lemon, cut in half. Cover with some wet greaseproof paper, and cook for 15 minutes.
5. To serve, sprinkle over the coriander leaves and sliced chilli; squeeze the lemon halves, dollop on some crème fraiche and drizzle with olive oil.