



Moroccan Fish with Aubergine Salad

SERVES 4

INGREDIENTS

2 large aubergines, cubed	3 garlic cloves, crushed
Olive oil spray	400g tin diced tomatoes
2 tsp olive oil	2 tbs chopped mint
1 red onion, chopped	2 tbs chopped coriander
1 tsp ground coriander	480g firm white fish fillets
1 tsp ground cumin	3 tsp Moroccan seasoning
1 tsp ground cinnamon	
1 tsp ground paprika	
½-1 tsp chilli flakes	

METHOD

1. Preheat oven to 200°C.
2. Place the aubergine on a lined baking tray and spray with oil. Roast until coloured, about 25 minutes.
3. Heat the olive oil in a pan over medium heat and cook the onion until it begins to soften, add the spices and stir through until fragrant. Add the tomatoes and garlic and simmer for 5 minutes or until thickened. Stir through the herbs, season and add the aubergine. Set aside.
4. Coat the fish fillets with the Moroccan seasoning. Heat a large pan over medium heat and spray with olive oil. Pan fry on each side until fish is cooked through.
5. Serve on top of the aubergine salad.

