

# WHAT'S COOKING?

## Moroccan Fish



### INGREDIENTS

- 2 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, finely chopped
- 2 red peppers, seeded and sliced into strips
- 1 large carrot, thinly sliced
- 3 tomatoes, chopped
- 8 olives, chopped
- 1 can garbanzo beans (chick peas), drained and rinsed
- 1/2 cup fresh parsley, chopped
- 3 tablespoons paprika
- 4 tablespoons ground cumin
- 1 teaspoon coarse chilli pepper
- Salt to taste
- 5 pounds white fish fillets of your choice

### DIRECTIONS

**Heat a large skillet on medium-high heat. Add the oil, then cook and stir the onion and garlic, until slightly tender. Add the peppers, carrots, tomatoes, olives, and garbanzo beans and continue to cook until the peppers are slightly tender.**

**Sprinkle the parsley, paprika, cumin and the chilli pepper over the vegetables. Season with salt to taste. Stir to incorporate. Place the fish on top of the vegetables and add enough water to cover the vegetables. Reduce the heat to low, cover, and cook for 40 minutes.**

**Sponsored by Mataamei HaShulchan Catering 0547-221072**