



MOROCCAN BROILED FISH WITH GARLIC AND CILANTRO

Basic Lifestyle

Ingredients

1 -1/2 lbs. cod or sea bass, about 1" thick
2 TBS olive oil
2 large garlic cloves, minced
1 TSP ground cumin
½ TSP paprika
pinch of cayenne pepper
3 TBS minced cilantro
freshly ground pepper to taste
cilantro sprigs, for garnish
lemon wedges, for serving

Instructions

1. Put the fish steaks in a shallow bowl. Mix the olive oil, garlic, cumin, paprika, cayenne and cilantro in a small bowl. Pour the mixture over the fish steaks and turn to coat both sides.
2. Set the broiler shelf about 4 inches from the heat source. Preheat the broiler. Lightly oil the broiler rack. (Tip: Line the broiler rack with foil. Oil the foil before putting the fish on it.)
3. Sprinkle the fish with pepper on both sides. Set the fish on the broiler rack and broil 4 minutes. Turn it over and broil 4-5 more minutes. (To check whether the fish is done, make a small cut with a sharp knife in the thickest part of the steak, or near bone if it's in the steak's center. Color of flesh should have become opaque all the way through.)
4. Serve it hot, with cilantro sprigs and lemon wedges.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 fish fillet = 1 P