Pomì
O Così. O Pomì.

Mediterranean Fish Shakshuka



Preparation time: 30 min
Difficulty: Medium

Ingredients

- 4 Garlic Cloves: Finely chopped
- Black Pepper: 1/2 tsp
- Cod Fillet, cut into 5-6 oz pieces: 20 oz
- Cooked Couscous: 2 cups
- Fresh Cilantro, chopped: ½ cup
- Ground Cumin: 1 tsp
- Lemon, zested & juiced: 1
- Olive Oil: 2 tbsp
- Onion, finely chopped: 1 cup
- Pickled Jalapeño, chopped: 1/4 cup
- Pomì Finely Chopped Tomatoes: 1 cup
- Sea Salt: 1 tsp
- Smoked Paprika Powder: 1 tsp
- Turmeric Powder: 1 tsp
- Water: 1/4 cup

Preparation

Let’s travel through the Mediterranean without leaving home! Unlike your usual poached egg shakshuka, this Egyptian-inspired Mediterranean Fish Fillet turns Italian with the Pomì Italian Weekend Trio. Fresh tomatoes that are ripened under the Italian sun always make the best shakshuka-style sauce. Prepared in one single skillet, this hearty and flavorful dish can be made in under 30 minutes.

Directions

1. Heat a large skillet on medium-high heat. Once hot, add the olive oil and chopped onions and sauté the onions for 2 minutes then add the garlic, cumin, smoked paprika and turmeric. Cook and toast the spices for 1 minute.
2. Next, add the Pomì Finely Chopped Tomatoes and Pomì Strained Tomatoes, water, sea salt, and black pepper. Stir to combine then cover and bring to a gentle simmer on low heat.
3. Gently place the fish fillets into the sauce, add pickled jalapeño, cover and cook on low heat for 10-15 minutes or until the fish is cooked through and flaky.
4. Remove from heat then add the zest and juice of 1 lemon. Taste and adjust seasoning if needed.
5. Garnish with fresh cilantro and serve with couscous.

For this recipe we used:

Strained Tomatoes 1 cup

