

# Fish With Black Olives & Harissa



DIETARY:  
Nut Free, Dairy Free

## MAKING THIS RECIPE

### Ingredients

- Bay leaves (1)
- Fish fillets (4) cut into chunks
- Flour (enough to coat fish)
- Garlic cloves (3 crushed)
- Lemon juice (3 tsp)
- Parsley (To garnish)
- Pitted Olives (16-20)
- Salt (to taste)
- Black Pepper (to taste)
- Olive oil (4 tbsp)
- Onion (1, finely chopped)
- Red and/or green pepper sliced
- Passata (225ml / 8fl oz)
- Harissa paste (made up) (½-1 tsp)
- Water (120 ml / 4 fl oz)

### Method

- 1) Season fish with salt and pepper, coat with flour and fry in hot olive oil for a couple of minutes until golden brown on all sides. Put the fish to one side.
- 2) Add finely chopped onion and garlic to the pan and cook for 4 minutes. Mix in the passata, Harissa paste, Bay leaf and water. Cook for 10 minutes.
- 3) Mix in the olives, sliced peppers and fish and continue cooking, uncovered, until the fish is tender and the sauce thickens.
- 4) Add the lemon juice, salt and pepper to taste. Discard the Bay leaf. Serve hot, sprinkled with Parsley.

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