

Moroccan Fish Kebabs & Couscous Salad

A close-up photograph of a white plate. In the foreground, a skewer of Moroccan fish kebabs is shown, with several pieces of fish that are browned and glistening with a sauce. Behind the kebabs, there is a portion of couscous salad, which includes small white grains, green leafy vegetables, yellow cherry tomatoes, and some orange-colored pieces, possibly dried fruit or vegetables.

**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Moroccan Fish Kebabs & Couscous Salad

Serves 4

- 700g of white fish fillets cut into cubes (e.g. Ling, Blue-eye Trevalla, Snapper, Kingfish, Mulloway/Jewfish, Flathead, Barramundi etc.)
- 8 Bamboo skewers (soaked in cold water)

Fish Marinade

- 375g can crushed tomatoes or passata
- 1 teaspoon ground cumin
- 2 teaspoons paprika
- 1 teaspoon curry powder
- 2 garlic cloves finely chopped
- 2 tablespoons lime juice

Couscous Salad

- 1 ½ cups of Couscous
- 100g Rocket and ½ bunch Parsley
- 1 cup of green olives
- 3 tablespoons of pine nuts, roasted
- 3 tablespoons of sultanas
- 2 tablespoons olive oil
- 2 tablespoons of lemon juice

- Cut fish into pieces and thread onto skewers. Combine marinade ingredients and coat skewers.
- Cook couscous as per instructions on packet and allow to cool.
- Combine the rest of salad ingredient in a bowl, add couscous and mix.
- Place skewers into a medium hot fry pan or flat BBQ grill and cook for 2-3 minutes each side. Serve with couscous salad.



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