



## Moroccan Spiced Cod with Lemon Pearl Couscous: Serves 2

### Ingredients for Moroccan Spiced Cod:

- 1/2 tsp ground ginger
- 1/2 tsp ground cardamom
- 1/2 tsp mace
- 1/4 tsp nutmeg
- 1/4 tsp coriander
- 1/4 tsp allspice
- 1/4 tsp cumin
- 1/4 tsp cinnamon
- 1/2 tsp sweet Hungarian paprika
- 1/8 tsp sea salt
- 1/8 tsp freshly ground pepper
- 1 pinch ground cloves
- 2 4 to 5-oz cod fillets, pin bones and skin removed
- 1 tbsp extra virgin olive oil

### Instructions for Moroccan Spiced Cod:

- In a small bowl or airtight jar, combine spices. This will make ~1 tbsp and will keep for 3 months if stored in an airtight container in a dark cabinet. Season cod with spice mixture ~1/8 tsp per side.
- Heat olive oil in a large skillet over med-hi heat till aromatic but not smoking.
- Sauté cod till opaque halfway up the side ~3-5 minutes depending on how thick your fillet is then flip and cook on the other side till completely opaque.

### Ingredients for Lemon Pearl Couscous:

- 1 tsp extra virgin olive oil
- 2/3 c pearl couscous
- 3/4 c low-salt vegetable or chicken broth
- 1/4 c cherry tomatoes

- 6 Kalamata olives, halved
- 2 quarters marinated artichoke hearts, chopped
- 1/4 preserved lemon rind, minced
- 1 tbsp shredded parmesan
- 1 tbsp chopped fresh Italian (flat-leaf) parsley leaves

Instructions for Lemon Pearl Couscous:

- In a small sauté pan or skillet with a lid, heat olive oil over medium heat till aromatic but not smoking.
- Add couscous and toast till golden ~2-3 minutes.