



the fit gourmet

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**The Fit Gourmet**©

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and experience the health benefits  
while cooking with fresh herbs and  
spices...**Moroccan Style.**

# CUMIN-CRUSTED CHILEAN SEA BASS



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## SEA BASS

### Directions:

#### 1. To prepare marinade:

In a small bowl combine first 5 marinade ingredients, mix well. Place fish fillets in a large zip-top plastic bag; pour marinade over fish, seal and marinate in refrigerator for 45 minutes. Remove fish from bag; discard remaining marinade.

#### 2. To prepare spice rub:

In a medium bowl combine coriander, pepper, cumin, caraway, paprika and salt. Rub fish with spice mixture, coat well.

#### 3. To prepare fish:

Heat oil in a large nonstick skillet over medium heat. Add fish; cook 5-6 minutes on each side or until fish flakes easily when tested with a fork. Top with Moroccan Salsa (recipe to follow), garnish with lemon and lime wedges and sprinkle with fresh cilantro. Try serving over couscous for a great meal!

## MOROCCAN SALSA

### Moroccan Salsa Ingredients:

- 3 large red peppers\*
- 3 tablespoons extra-virgin olive oil
- 1½ teaspoons cumin
- ¾ teaspoon ground cinnamon
- ½ cup Kalamata olives, pitted and chopped
- ¼ cup red onions, chopped
- 1/3 cup fresh cilantro, minced
- ¼ cup golden raisins
- 3 tablespoons fresh lemon juice
- 1 tablespoon fresh mint, minced
- 2 teaspoons orange zest
- ½ teaspoon cayenne pepper
- Salt and pepper to taste



### Directions for Salsa:

**1.** Preheat broiler. Cut peppers in half lengthwise; discard seeds and membranes. Place peppers skin side up on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place bell peppers in a large zip-top freezer bag and seal; let stand for 10 minutes. Peel peppers, coarsely chop and place them in a medium bowl.

**2.** In a small skillet heat 1 tablespoon olive oil over medium heat, add cumin and cinnamon; stir until fragrant, about 1 minute. Remove from heat and pour mixture over peppers.

**3.** Next, mix in 2 tablespoon of olive oil and all remaining ingredients. Season salsa with salt and pepper. Salsa can be made 2 hours ahead. Cover; let stand at room temperature and toss occasionally.

### Marinade:

- 1/4 cup fresh lemon juice
- 1 tablespoon fresh cilantro, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 3 garlic cloves, crushed
- 4 (6-ounce) sea bass fillets (about 1 inch thick)

### Moroccan Spice Rub:

- 2 tablespoons ground coriander
- 2 teaspoons freshly ground black pepper
- 2 teaspoons ground cumin
- 1 teaspoon caraway seeds
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons fresh cilantro, minced
- lemon and lime wedges

### Time Saving Tip:

Substitute already made roasted red peppers instead of broiling them yourself. You can usually find a large selection of all types of flavored flame roasted red peppers that would compliment this salsa recipe and also save you lots of time.

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