

DINNER

Fish Steamed with Couscous

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	2	\$5.57	397 kcal

Fish Steamed with Couscous is a pescatarian recipe with 2 servings. One serving contains 397 calories, 30g of protein, and 23g of fat. For \$5.57 per serving, this recipe covers 28% of your daily requirements of vitamins and minerals. 1 person were glad they tried this recipe. It works well as a main...

Ingredients

- ☐ 1 handful barley couscous

☐ 1 by 2.5cm (1-inch) piece cinnamon

☐ 1 teaspoon coriander seeds

☐ 1 teaspoon cumin seeds

☐ 1 large bunch fresh coriander, leaves picked, stalks finely sliced

☐ 2 lemons, 1 cut in 1/2 1 cut into wedges, for serving

☐ 2 servings Extra-virgin olive oil

☐ 2 red chiles, seeds removed, 1 chopped and 1 finely sliced

☐ 1 teaspoon sea salt

☐ 2 servings Tepid water

☐ 2 fillet John Dory fillets, skin on, scaled and pinboned
- ☐ 1 Knob unsalted butter

☐ 8 ounces clams

☐ 3 tablespoons creme fraiche

☐ 1 teaspoon fennel seeds

☐ 2 cloves garlic, sliced

☐ 4 ounces monkfish, cut into chunks

☐ ½ onion, finely chopped

☐ 2 fillet red mullet fillets, skin on, scaled and pinboned

☐ 2 servings Sea salt and freshly ground black pepper

☐ 2 fillet John Dory fillets, skin on, scaled and pinboned

Method

- 1 Put the couscous in a bowl and cover with tepid water. It will soften and double in size.
- 2 Heat a medium-sized saucepan on a low heat, and saute the onion, garlic and chopped chiles in oil. Pound in the mortar the salt, fennel and cumin seeds, coriander seeds and cinnamon.
- 3 Add to the onion with the butter, then once melted add the finely sliced coriander stalks and the couscous. Break it up with your spoon.
- 4 Turn the heat down to a very low heat, and add the fish, skin side up.
- 5 Drizzle with olive oil, a bit of salt and pepper and throw in the lemon, cut in halves. Cover with some wet greaseproof paper, and cook for 15 minutes.
- 6 To serve, sprinkle with the coriander leaves and sliced chile; squeeze the lemon halves, dollop on some creme fraiche and drizzle with olive oil.

Nutrition per serving

	397 KCAL	30 g PROTEIN	23 g FAT	23 g CARBS
Saturated Fat				5.2 g · 33% of daily needs
Fibre				6.3 g · 25% of daily needs
Sugar				7 g · 8% of daily needs
Sodium				1,265 mg · 55% of daily needs
Cholesterol				70.2 mg · 23% of daily needs
Vitamin C				128 mg · 155% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fish-steamed-with-couscous-148466