

DINNER

Grilled White Fish with Chermoula

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	25 min	55 min	8	\$4.74	333 kcal



Grilled White Fish with Chermoula might be a good recipe to expand your main course recipe box. This gluten free, dairy free, whole 30, and pescatarian recipe serves 8 and costs \$4.74 per serving. One serving contains 333 calories, 22g of protein, and 24g of fat.

Ingredients

- ☐ 1 teaspoon ancho chile powder

☐ 1 tablespoon canola oil

☐ ½ teaspoon chile de arbol

☐ 20 fresh mint leaves, torn

☐ 1 teaspoon ground coriander

☐ 2 pound halibut fillet (1 1/2-to-2-inches thick)

☐ 8 servings Kosher salt and freshly ground black pepper
- ☐ 2 ripe beefsteak tomatoes, diced and seeded

☐ 8 servings Canola oil

☐ 3 tablespoons coarsely chopped fresh cilantro

☐ 3 cloves garlic, finely chopped

☐ 1 teaspoon ground cumin

☐ 1 Juice of lemon

☐ 1 teaspoon finely grated lemon zest

☐ ¼ cup extra-virgin olive oil

☐ 2 red bell peppers, grilled, peeled, seeded and sliced

☐ 1 pinch Pinch saffron threads

☐ ¼ cup hot water

EQUIPMENT Bowl, Frying pan, Whisk, Grill

Method

- 1 Watch how to make this recipe.
- 2 Combine the saffron and hot water in a small bowl and let sit for 10 minutes to bloom.
- 3 Heat the canola oil in a small saute pan over medium heat.
- 4 Add the garlic and cook for 30 seconds. Cook the ancho, coriander, cumin and chile de arbol for 1 minute.
- 5 Add the saffron and its soaking water.
- 6 Remove from the heat.
- 7 Whisk together the olive oil, lemon zest, lemon juice and garlic-saffron mixture in a medium bowl.
- 8 Mix in the bell peppers, tomatoes, mint leaves and cilantro. Cover the bowl and let sit at room temperature for at least 30 minutes to allow the flavors to meld, or refrigerate overnight. Bring to room temperature before serving.
- 9 Heat a charcoal grill for direct grilling at medium-high heat.
- 10 Brush both sides of the halibut with the canola oil and sprinkle with salt and pepper. Grill the halibut until golden brown and charred on both sides and cooked to medium or well done, about 10 minutes each side.
- 11 Carefully transfer the halibut to a platter and top with the chermoula immediately.
- 12 Let the halibut rest for 5 minutes before serving, to allow flavors to sink in.

Nutrition per serving

333

KCAL

22 g

PROTEIN

24 g

FAT

7 g

CARBS

Saturated Fat	2.5 g · 16% of daily needs
Fibre	2.2 g · 9% of daily needs
Sugar	3.8 g · 4% of daily needs
Sodium	89.1 mg · 4% of daily needs
Cholesterol	55.6 mg · 19% of daily needs
Vitamin C	52.9 mg · 64% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/grilled-white-fish-with-hermoula-148564