



## Sea-Bass Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups chickpeas canned rinsed drained (from one 19-ounce can)
- 0.3 teaspoon cayenne
- 1 quart chicken broth low-sodium homemade canned
- 0.3 teaspoon cinnamon
- 2 tablespoons cooking oil
- 1.3 cups couscous
- 1 teaspoon ground coriander
- 0.5 teaspoon ground ginger

- 0.5 teaspoon fresh-ground pepper black
- 1 onion cut into thin slices
- 1 teaspoon paprika
- 1 bell pepper red cut into 3/4-inch pieces
- 2.3 teaspoons salt
- 1 pound sea-bass fillets cut into approximately 3/4-by-1 1/2-inch pieces
- 0.8 pound sweet potatoes peeled cut into 1/2-inch pieces
- 1 cup tomatoes in purée thick canned crushed
- 2 cups water

## Equipment

- sauce pan
- ladle
- pot

## Directions

- In a large pot, heat the oil over moderately low heat.
- Add the onion and bell pepper and cook, stirring occasionally, until starting to soften, about 4 minutes. Stir in the paprika, coriander, cayenne, ginger, cinnamon, black pepper, and 1 teaspoon of the salt.
- Add the broth, tomatoes, and sweet potatoes. Simmer until the potatoes are almost tender, about 15 minutes.
- Meanwhile, in a medium saucepan, bring the water and 3/4 teaspoon of the salt to a boil. Stir in the couscous. Cover, remove from the heat, and let sit for 5 minutes.
- Stir the chickpeas, fish, and the remaining 1/2 teaspoon salt into the sweet-potato mixture. Simmer until the fish is just done, about 4 minutes.
- Serve the fish and vegetables over the couscous. Ladle the liquid over the top.
- Fish Alternatives: Skinless red snapper, black cod, and tilefish fillets would all be good with this couscous.

Wine Recommendation: The earthy but exotic flavors here invite a cold bottle of ros. Look for one from Provence in southern France, or, if you like a bit of sweetness, try a white zinfandel from California.

## Nutrition Facts

**PROTEIN 25.33%** **FAT 19.63%** **CARBS 55.04%**

### Properties

Glycemic Index:86.08, Glycemic Load:40.84, Inflammation Score:-10, Nutrition Score:38.111304283142%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

### Nutrients (% of daily need)

Calories: 615.03kcal (30.75%), Fat: 13.55g (20.85%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 85.49g (28.5%), Net Carbohydrates: 73.62g (26.77%), Sugar: 9.02g (10.02%), Cholesterol: 90.72mg (30.24%), Sodium: 1826.55mg (79.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.36g (78.71%), Vitamin A: 13542.39IU (270.85%), Manganese: 1.7mg (84.84%), Vitamin B12: 4.57µg (76.14%), Selenium: 44.4µg (63.43%), Vitamin B6: 1.22mg (60.97%), Vitamin C: 48.02mg (58.2%), Phosphorus: 539.06mg (53.91%), Fiber: 11.87g (47.47%), Vitamin B3: 9.38mg (46.89%), Potassium: 1302.06mg (37.2%), Copper: 0.71mg (35.62%), Magnesium: 139.9mg (34.98%), Vitamin B5: 2.81mg (28.07%), Iron: 4.86mg (27.02%), Vitamin B1: 0.38mg (25.18%), Folate: 78.83µg (19.71%), Vitamin E: 2.87mg (19.11%), Vitamin B2: 0.29mg (16.94%), Zinc: 2.35mg (15.68%), Calcium: 135.38mg (13.54%), Vitamin K: 12.25µg (11.66%)