

Rose Harissa Alaska Pollock and Chickpea Stew



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 4-6

Ingredients:

4 tbsp olive oil
2 onions, peeled and finely chopped
2 red peppers, chopped
2 garlic cloves, peeled and finely chopped
2 tsp grated ginger
1 tbsp tomato purée
2 tbsp rose harissa
1 tsp fine sea salt
2 tsp ground sweet paprika
1 tsp cumin seeds
1 tsp ground cumin
1 1/2 cups cherry tomatoes
2 tsp honey
2 x 15 oz canned chickpeas
6 Alaska pollock fillets
2/3 cup spinach leaves, washed
Freshly ground black pepper
Sea salt flakes
Lemon wedges, to serve
Plain yogurt, to serve

Garlic croutons, to serve

3-4 slices of sourdough or ciabatta bread, cut or torn into 1-inch chunks
3-4 tbsp olive oil
2 cloves garlic, crushed

Description:

Put 3 tablespoons of olive oil into a large casserole pot over a medium heat and add the onions and peppers. Fry, stirring from time to time, for about 20 minutes until soft. Stir in the garlic, ginger, tomato purée, harissa, salt, paprika, cumin seeds and ground cumin and cook for a further 5 minutes. Then add the tomatoes and honey and cook for another 10 minutes.

Add the chickpeas and their liquid to the casserole, turn down the heat to a simmer and leave to bubble away for about 10 minutes by which time the chickpeas should be nice and soft. Add the Alaska pollock fillets to the chickpea mixture, put the lid on and cook the fish for 5 minutes.

While the stew is cooking, make the garlic croutons. Toss the bread chunks with the olive oil and garlic and bake in the oven until

golden and crispy (approx. 8-10 minutes).

To cook the spinach, heat a tablespoon of olive oil in a frying pan over a high heat and when the oil is simmering, add the leaves and allow them to cook for two minutes. Then turn and leave for another two minutes. Remove from the heat, add some black pepper and salt to taste and keep to one side.

Place the fish and chickpea mixture in a bowl with the cooked spinach on top. Serve with lemon wedges, a few croutons or flat breads and some yogurt on the side.

Recipe credit: Rachel Green

Photo credit: Steve Lee