

Roasted Haddock filet with Espelette pepper, israeli couscous, apple and tarragon

Recipe for 4 persons



Description

Oven roasted haddock with an original couscous with raisins garnished with a fresh apple and tarragon salad

Note

You can replace the haddock by with an other white fish. It's important to season the dish properly at every step. Otherwise, the end result might feel a little bland.

Ingredients

Roasted haddock

- 4 Steak Haddock
- 1 Clove(s) Chopped garlic
- 4 Nut(s) Butter
- 25 Ml Olive oil
- 2 Pinch(es) Sea salt flakes
- 4 Gr Espelette pepper
- 1 Sprig(s) Fresh cilantro

- Salt and pepper

Couscous

- 1 Cup(s) Israelian couscous
- 800 Ml Vegetable stock
- 20 Unit(s) Red grapes
- 1 Unit(s) Granny smith apple
- 1 Sprig(s) Tarragon
- 30 Ml Olive oil
- 1 Unit(s) Lemon

- Salt and pepper

Salad dressing

- 1 Tsp Dijon mustard
- 60 Ml Olive oil
- 0.50 Unit(s) Red onion
- 2 Gr Sea salt flakes
- 4 Turn(s) White pepper
- 35 Ml Apple cider vinegar

- Salt and pepper

Preparation

- Preparation time **30 mins**
- Preheat your **four** at **400 F°**

Preparation

Finely mince the red onion Slice the grapes in half Chop the tarragon, zest the lemons and extract the juice Bring the stock to a boil Cut and core the apple and cut the apple in matchsticks (julienne) add a little lemon juice to avoid browning Chop some cilantro

Roasted haddock

In a baking tray, drizzle a little bit of olive oil and place the haddock fillets around making sure they are evenly placed Place a little knob of butter and some chopped garlic on each of them Roast in the oven for 8 to 9 minutes. Sprinkle with Espelette Pepper when you pull it out of the oven

Couscous

In your pot of boiling chicken stock, add the couscous and cook for 8 to 10 minutes until it becomes tender. Drain the excess liquid and cool to room temperature before continuing. When you are ready to serve, mix in the grapes, tarragon, lemon zest and apple julienne.

Salad dressing

In a bowl, add all the ingredients and whisk until smooth and add to the couscous salad right before serving.

Service

In the middle of the plate, place a round shape cookie cutter and press in some of the couscous salad. Lift the cookie cutter and place the fish on top. Top with the chopped cilantro and a few apple matchsticks. Drizzle a little bit of olive oil on the plate and serve immediately

Bon appétit!