



B”H

Shaiké's Moroccan Salmon

Ingredients:

Salmon or (any type of fish)

3- Red bell peppers; seeded and sliced 1” thin

3- Carrots thinly sliced

2-Tomatoes; seeded and chopped (or ½ cup of Matbucha)

3- Jalapeno peppers; seeded and finely diced

2- Bunches of cilantro; chopped

½ lb of garlic; minced

¼ cup of lemon juice

½ cup of water

½ cup Olive oil

8 ounces of cooked chick peas

Garlic powder, coriander, cumin, paprika, salt & medley peppercorn

6 Lemon zest



1-Preheat oven to 250 degrees

2- Heat olive oil in a skillet over medium heat. Stir in garlic until golden brown. Set aside.

3-In a skillet over high heat stir in red peppers until brown and all juices are clear

4-Add water, olive oil, lemon juice, lemon zest, garlic, chickpeas, cilantro, jalapenos, tomatoes and carrots; Cook for a few minutes. Then add the rest of the ingredients (except fish)

5-season Salmon with garlic powder, medley peppercorn; Sear it well on one side.

6-Layer the sauce in the bottom of a baking dish; arrange the Salmon on top of the vegetables and add the rest of the sauce on top. Cover with parchment paper and foil.

7-Bake for 30 or until ready