

One-Pot Smoky Fish With Tomato, Olives and Couscous

By Lidey Heuck

Total Time 30 minutes

Rating ★★★★★ (2,089)



David Malosh for The New York Times. Food Stylist: Simon Andrews.

Flaky white fish and pearl couscous simmer together in a rich, smoky tomato sauce for a punchy one-pot dinner that comes together in just half an hour. The sauce relies heavily on pantry ingredients (think anchovies, roasted red peppers, crushed tomatoes and paprika); if you like more green on your dinner plate, a lemony arugula salad is a nice complement to the smoky flavors in this dish.

INGREDIENTS

Yield: 4 servings

¼ cup olive oil, plus more for serving
¾ cup jarred roasted red peppers, roughly chopped, or 1 fresh red bell pepper, cored, seeded and diced
1 medium yellow onion, thinly sliced
4 (6-ounce) skinless mild, white fish fillets, such as cod, fluke or halibut
Kosher salt and black pepper
1½ tablespoons minced garlic (about 3 large cloves)
1 tablespoon chopped anchovies (about 4 fillets)
1 teaspoon smoked paprika
Pinch of ground cayenne
⅓ cup dry white wine
1½ cups chicken stock, preferably low-sodium
1 (14-ounce) can crushed tomatoes
½ cup olives, preferably black or Kalamata, pitted or not
2 tablespoons chopped fresh parsley, plus more for serving
¾ cup pearl couscous
2 teaspoons sherry vinegar or red wine vinegar

PREPARATION

Step 1

In a large (12-inch) skillet (use one with a tight-fitting lid), heat the olive oil over medium. If using fresh red bell pepper, add it with the onion, and cook, tossing occasionally, until tender and lightly browned, 8 to 10 minutes. Meanwhile, pat the fish fillets dry with a paper towel and season with salt and pepper.

Step 2

If using roasted red peppers, add them with the garlic, anchovies, paprika and cayenne, and cook for 1 more minute, until the garlic is fragrant. Add the wine and stir to scrape up any brown bits from the pan. When the wine has almost entirely evaporated, add the chicken stock, tomatoes, olives, parsley, 1 teaspoon salt and ½ teaspoon black pepper. Bring to a boil over medium-high heat.

Step 3

Add the couscous, stir, then add the fish fillets, wiggling them lightly to submerge them in the sauce. Turn the heat to low, cover and simmer for 6 to 8 minutes, until fish is opaque and flakes easily with a fork. Carefully transfer the fish to a plate. Simmer the couscous, uncovered, stirring occasionally, until it's tender and the liquid in the pan has reduced slightly, about 5 minutes.

Step 4

Off the heat, stir in the vinegar and gently return the fish to the skillet to warm, being careful to keep it intact. Serve hot in shallow bowls garnished with additional parsley and a drizzle of olive oil.

Private Notes

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