

MOROCCO

Chermoula Fish

Chermoula Fish is a traditional seafood dish widely enjoyed in Morocco. The fish is marinated with chermoula, a flavorful mixture made from fresh herbs, garlic, lemon juice, olive oil, and Moroccan spices. This marinade gives the fish a vibrant aroma and enhances its natural taste. The dish has a tangy, slightly spicy flavor with a fresh herbal note. When cooked, the fish becomes tender and juicy while the spices create a rich coating, making it a popular and flavorful seafood dish in Moroccan cuisine.



Ingredients

- 4 fish fillets (such as sea bream, sea bass, or cod)
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 3 cloves garlic, minced
- 1 teaspoon paprika
- 1 teaspoon cumin powder
- 1/2 teaspoon turmeric
- 1/2 teaspoon chili powder (optional)
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped fresh parsley
- Salt and black pepper to taste
- Lemon slices for serving

How to Prepare

1. In a bowl, mix olive oil, lemon juice, garlic, paprika, cumin, turmeric, chili powder, cilantro, parsley, salt, and pepper to prepare the chermoula marinade.
2. Place the fish fillets in a shallow dish and coat them evenly with the marinade. Let them marinate for about 30 minutes to absorb the flavors.
3. Preheat the oven to 180°C (350°F) or heat a grill pan over medium heat.
4. Arrange the marinated fish in a baking dish or on a grill pan.
5. Cook the fish for about 12–15 minutes until it becomes tender and flakes easily with a fork.
6. Remove from heat and transfer to a serving plate.
7. Garnish with fresh herbs and serve hot with lemon slices.