



Baked fish filets

1. Mix **2-3 tbsp. Chermoula spice mix** with oil and make marinade.
2. Season 4 fish filets with salt and coat the upper side liberally with the marinade.
3. Drizzle with some oil and bake in a preheated at 200°C oven until ready (15-20 minutes depending on their size and thickness).
4. Pour boiling water over 200 g couscous, seasoned with salt and black pepper. Cover and steam according to package instructions. When it is ready and has absorbed the water, fluff with a fork, add finely chopped parsley and some lemon juice. Serve with the baked fish.
5. Finish with chopped parsley and/or cilantro.

Eggplant with bulgur

1. Cut two eggplants in half. Then make slits in the flesh in a criss cross manner without cutting the skin.
2. Mix **2 tbsp. Chermoula spice mix** with oil and make marinade.
3. Salt the eggplants, cover generously with marinade and finally drizzle some oil. Bake in a preheated at 200°C oven until soft (about 40 minutes).
4. Pour boiling water over 200 g fine bulgur, season with salt and steam. When it softens, mix with finely chopped parsley and/or coriander, lemon juice and more salt if necessary.
5. On each eggplant half first put a layer of bulgur and then 2-3 tbsp. strained (or thick) yogurt.
6. Finally, sprinkle chopped toasted almonds and fresh coriander/parsley.