

Thieboudienne

Ingredients

- **2 lbs firm white fish fillets**
- 1/4 cup lemon juice
- 4 garlic cloves, minced, divided
- 2 tsp paprika, divided
- 2 tsp ground black pepper, divided
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp salt, divided
- 1/4 cup vegetable oil
- 1 large onion, chopped
- 1 Tbsp tomato paste
- 2 large tomatoes, chopped or 1 14.5 oz can diced or crushed tomatoes
- 1 bell pepper, chopped
- 1 carrot, sliced or cut into chunks
- 1 eggplant, cubed (optional)
- 1/2 small cabbage, chopped (optional)
- 1 cup okra, trimmed (optional)

- 2 cups vegetable or fish broth
- 1 tsp turmeric
- 2 cups long grain rice, rinsed

Directions

Place the fish in a bowl or plate. Add the lemon juice, 2 minced garlic cloves, 1 tsp paprika, 1 tsp ground pepper, cumin, coriander, and 1/2 tsp salt and rub all over. Marinate in the refrigerator for at least 30 minutes. Pat the fish dry and discard the marinade.

Heat a large pot over medium-high heat. Add the oil and heat until hot. Add the fish and fry until it releases from the bottom of the pan. Turn and repeat. Remove fish from the oil and keep warm. Turn heat down to medium.

Add the onion and remaining garlic and sauté until soft, about 5 minutes. Stir in the tomato paste and sauté for 1 minute. Add the chopped tomatoes and cook for another 5 minutes, until the tomatoes break down. Stir in the bell pepper, carrot and optional vegetables and cook for 5 more minutes. Add the broth, the turmeric and remaining 1 tsp paprika, 1 tsp ground pepper and 1/2 tsp salt.

Add the rice to the pot and bring to a boil. Cover, reduce heat to low and simmer until the rice is cooked through, 20 to 40 minutes, depending on the type of rice.

Transfer the rice to a serving plate and top with the fish.