Harissa Cod and Chickpea Tray

2 fish portions with chickpeas · Active 15 min · Total 40 min

Skills: Easy

Ingredients

• 1 can chickpeas (15 oz/425 g), drained and rinsed

• 8 oz cherry tomatoes, halved (225 g)

• 1 small red onion, thinly sliced (100 g)

• 1 tablespoon olive oil (15 ml)

• 2 tablespoons water (30 ml)

• 1/2 teaspoon ground cumin

• 1/4 teaspoon fine salt

• 2 cod fillets, about 5 oz/140 g each and 1 inch thick

• 2 tablespoons plain yogurt (30 g)

• 1 tablespoon harissa paste, or 2 teaspoons for a gentler coating

• 2 teaspoons lemon juice (10 ml)

• 2 tablespoons chopped parsley

Set out

8-by-10-inch rimmed metal roasting pan, Small bowl, Instant-read thermometer

Allergens

Fish, Milk. Check labels and substitutions.

Make it

1. Heat a conventional oven to 425°F/220°C. Combine chickpeas, tomatoes, onion, oil, water, cumin and salt in the roasting pan. Spread into an even layer.

2. Roast for 12 minutes, then stir, pressing a few tomatoes so their juice coats the chickpeas.

3. Mix yogurt and harissa in the small bowl. Set the cod on the chickpeas and spread the mixture over the tops.

4. Return to the oven for 9–12 minutes, until the thickest part of each fillet reaches 145°F/63°C. The flesh should be opaque and separate easily.

5. Add lemon juice and parsley to the chickpeas around the fish. Serve one fillet and half the chickpeas per person.

A home meal before leaving

The tray spends most of its time in the oven while you prepare other things. Set a timer for the fish stage rather than treating the whole roast as unattended cooking; fish can turn dry quickly once done.

A useful detail

Use a rimmed pan deep enough to hold the tomato juices. A flat baking sheet can spill when stirred.

Keep it well

Refrigerate fish and chickpeas in a shallow covered container within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat leftovers to 165°F/74°C, covered, with a spoonful of water.