

## Cous Cous & Fish

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### Ingredients

1.200 kg of fish among dogfish, moorhen, mantis shrimps, Norway lobster, curled octopus and squid  
300 gr cherry tomatoes  
salt, garlic, olive oil, parsley, red pepper  
400 gr cous cous  
450 ml of vegetable broth

### Method

Rinse and clean the fish. Remove the skin and the skeleton to the dogfish and moorhen, clean the curled octopus and squid and cut all fish into pieces. Cut legs' mantis shrimps with a scissors.

In a pot on high edges sauté some garlic clove in 6 tablespoons oil for 2-3 minutes, add tomatoes cutted in half, hot pepper and salt, add 4 scoops of water and continue cooking for a few minutes. Add the fish except the moorhen and the squid and cook for 15 minutes. Then add them and continue cooking for 5 minutes. In a non-stick pan roast the cous cous for a minute, add some tablespoons of oil and a little at a time the vegetable broth, being careful to separate the grains with a wood fork, let rest for 10 minutes so that the cous cous is swollen. Put on top of the cous cous the pieces of fish with some spoonful of the cooking broth. Serve with chopped parsley and with the remaining broth from a part.