

Free Recipe



# Crispy Skin Glacier 51 Toothfish

(with pearl couscous, peas and rocket)



A dish with an elegant balance of flavour and texture

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(with pearl couscous, peas and rocket)

Difficulty rating  Prep time: 15 minutes  Cooking time: 20 minutes

## Ingredients

4x 150g Glacier 51 toothfish  
(available from the Fish Factory)  
2 tbsp Extra virgin olive oil (EVOO)  
Salt and pepper to season

### Pearl couscous

2 tbsp Extra virgin olive oil (EVOO)  
1 ⅓ cups Pearl couscous  
2 ½ cups Chicken broth  
Zest of 1 large lemon  
Juice from 1 large lemon (about ¼ cup)  
2 tsp Salt  
¼ tsp Freshly ground black pepper  
4 Shallots, finely sliced including both  
white and green parts  
1 cup frozen Peas, thawed  
2 cups Baby rocket

### Garnish

Baby rocket

## Method

In a large saucepan, heat the olive oil over medium high heat. Pour in the couscous and stirring frequently, cook until lightly toasted (about 2–3 minutes).

Add the chicken stock, lemon zest, lemon juice, salt and pepper and stir to combine. Bring the mixture to a boil. Reduce the heat to medium-low and simmer about 8 minutes – until the couscous is al dente.

Stir in the peas and ½ the rocket and mix until well combined.

In an oven proof saute (fry) pan, heat the EVOO until hot. Season the fillets with salt and pepper and add to the hot pan. Cooking them skin side down for approximately 5 minutes until the skin was nice and crispy. Then flip them over for 3–4 minutes.

## Plating

To serve add a mound of couscous, a few extra rocket leaves and top with a piece of fish. Add a few shallots, season with a little salt to finish.