

Grilled Sea Bass with Couscous

Serves 4

- 1 red pepper
- 1 yellow pepper
- Olive Oil
- 1 courgette, sliced
- 1 aubergine, sliced
- 4 baby artichokes, halved
- 200g/8oz couscous
- 40g/1 1/2oz sun-dried tomatoes, cut into strips
- Juice of 1 lemon
- 2 garlic cloves, peeled and crushed
- 2 tomatoes, finely chopped
- 1 tbsp chopped fresh mint
- Paprika
- Salt and black pepper
- 4 x 200 g/ 7oz sea bass fillets

Salsa:

- 100ml/4fl oz chilli sauce
- 100ml/4fl oz tomato juice
- 2 shallots, peeled and finely chopped
- 1 tsp finely chopped ginger
- 2 tbsp chopped fresh coriander
- Juice of 2 limes
- 4 tbsp olive oil

1. Grill the peppers until the skins are charred. Peel, discard the seeds and roughly chop the peppers. Brush olive oil over the courgette slices, aubergine slices and artichoke halves and grill until tender.
2. Steam the couscous and mix the peppers, courgettes, aubergine, artichokes, sun dried tomatoes, lemon juice, garlic, chopped tomatoes and mint. Season with paprika, salt and pepper and keep warm.
3. Brush the sea bass with olive oil and cook in a ridged grill pan for 2-3 minutes skin side down. Turn over and finish cooking for 1-2 minutes.
4. Mix the salsa ingredients together. Divide the couscous between serving plates and spoon salsa around. Place the sea bass on couscous and serve with lemon wedges and a drizzle of olive oil flavour with chopped rocket.