



# Mediterranean Baked Rainbow Trout with Chickpeas

Recipe Courtesy of Shoshy from [www.Hamatcon.com](http://www.Hamatcon.com)

Serves 2

## Ingredients

2 portions of fresh rainbow trout.

2 tablespoons olive oil

½ teaspoon of salt

4 tablespoons olive oil

1 teaspoon salt

1 teaspoon cumin

1 teaspoon paprika

½ teaspoon of harissa sauce or chilly pepper

½ teaspoon turmeric

½ teaspoon black pepper

2 tablespoons water

3 cloves garlic, sliced thin

1 large tomato sliced into medium thickness

16 oz chickpeas

For sautéing chickpeas:

1 teaspoon paprika

1 teaspoon cumin

½ teaspoon turmeric

½ cup chopped cilantro (optional)

A little chopped parsley for garnish

Sliced lemon for garnish

Directions: Heat oven to 400. Heat olive oil in a wide sauté pan. Sprinkle trout with salt and sauté on each side for about 5 minutes. Remove from pan and lay in baking pan. Do not throw out oil from pan. In a small bowl mix olive oil, salt, cumin, paprika, turmeric, harissa sauce or chilly pepper and black pepper. Brush generously on both sides of fish and inside. Lay sliced tomatoes on sides of fish. Brush tomatoes with seasoning. Add the sliced garlic inside the fish and on tomatoes. Pour any remainder seasoning mix on top. With sharp knife make 3-4 straight slits on top of fish in the skin. Place in oven for 15 minutes. Take out and baste, add 2 tablespoons of water to the bottom if fish looks a little dry. Return to oven for 15 more minutes or until skin is crispy on top. While fish is baking, in same oil as the fish was sautéed in, add paprika, cumin, turmeric and cilantro. Add a little more olive oil if pan looks too dry. Taste to see if a little more salt is needed. Mix over medium heat for 5 minutes. Add chickpeas and sauté for about 15 minutes stirring a few times until all the chickpeas are complete covered and have absorbed all the seasoning. Arrange rainbow trout on a large plate, sprinkle chopped parsley on top, spoon the chickpeas and tomatoes around.