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Fish Tagine with Tomatoes, Capers, and Cinnamon

Fish Tagine with Tomatoes, Capers, and Cinnamon is a flavorful and aromatic dish originating from North Africa. It is traditionally cooked in a clay pot called a tagine, which helps to infuse the fish and vegetables with rich flavors. This dish is typically enjoyed with couscous or crusty bread.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

600 g	Fish Fillets
400 g	Tomatoes
50 g	Capers
2 tsp	cinnamon

4 tbsp	olive oil
100 g	onion
10 g	garlic cloves
1 tsp	salt
1 tsp	black pepper
20 g	Parsley
50 g	Lemon
200 ml	water

Directions

Step 1

Stove

In a tagine or large skillet, heat olive oil over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add tomatoes, capers, cinnamon, salt, and black pepper. Cook for 5 minutes, stirring occasionally.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Place fish fillets on top of the tomato mixture. Pour water over the fish.

Prep Time: 2 mins

Cook Time: 15 mins

Step 4

Stove

Cover the tagine or skillet and simmer for 15-20 minutes, or until the fish is cooked through and flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Garnish with parsley and lemon slices. Serve hot with couscous or crusty bread.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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