Snapper and Thyme Pesto, Honey Grapefruit Dressing

NIBBLEDISH CONTRIBUTOR

Ingredients

Fish and Couscous

1 box of whole wheat couscous

2 1/2 tablespoons fresh parsley, chopped

4 cloves garlic, minced

1 teaspoon poultry seasoning

1/2 teaspoon coriander

1 teaspoon kosher salt

1 teaspoon pepper

1 pint cherry tomatoes, halved

1/4 cup toasted almonds, chopped

8 ounces artichoke hearts (save juice in the can)

1 cup water or broth

1/3 cup white wine

Zest of 1 lemon

2 pounds red snapper (or any white fish)

Pesto

2 bundles fresh thyme, about 6 tablespoons

1 cup toasted almonds, chopped

4 cloves garlic

1/2 cup shredded Pecorino Romano

1/2 cup olive oil

Juice of 1 lemon

Kosher salt

Black pepper

Dressing

4 tablespoons honey

Juice of 1 grapefruit

1/2 cup of olive oil

1 teaspoon apple cider vinegar

Kosher salt

Black pepper

Instructions

1. Make thyme pesto by combining all ingredients in a food processor until fairly smooth. Scrape into a bowl and set aside.

2. For couscous, in a small bowl, mix the grains with parsley, garlic, coriander, salt, pepper and poultry seasoning.

3. Spread a large piece of parchment paper on a flat cookie sheet or pan, so it covers the whole surface. With artichoke hearts, make a wall around the parchment paper so a large oval forms (make sure to leave an inch or so of space near the edges so the parchment paper can be easily sealed).

4. Spread couscous mixture evenly in the artichoke hearts. Top with cherry tomatoes and almonds.

5. Mix the water or broth with the remaining juices from the artichoke hearts, along with the wine and pour evenly over couscous. Place fish fillets over couscous in an even layer.

7. Evenly spread pesto over fish and seal with another piece of parchment paper, forming an enclosed bag by folding in the edges all around. Bake for 35 minutes in a preheated oven at 350 degrees, or until couscous is no longer crunchy.

8. Butter 8 ramekins and coat with a mixture of cocoa powder and sugar.

9. Melt the butter and the chocolate over a water bath. Beat the whole eggs, yolks and sugar until pale, and then combine with the chocolate and flour.

10. Place all of the ramekins on a sheet pan and bake in a preheated oven at 450 degrees for 12-15 minutes, or until the sides of the cake are done but the centers are soft. Let the cakes cool for 1 minute on the pan, and then invert onto separate plates. Let stand for another minute or so before popping out of the baking dishes.