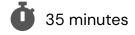






## **Baked Lemon Butter Fish**

Tender white fish fillets baked with lemon, garlic and butter, served with fluffy rice, sautéed greens and a sprinkle of toasted almonds for crunch.





2 servings



# Jazz it up!

You can bake the fish and vegetables in parcels to save dishes. Add some fresh chopped chilli for a more adventurous spice!

PROTEIN TOTAL FAT CARBOHYDRATES

69g

#### **FROM YOUR BOX**

BASMATI RICE	150g
LEMON	1
WHITE FISH FILLETS	1 packet
GARLIC CLOVE	1
ROSEMARY	1 sprig
BUTTER PORTIONS	2
FLAKED ALMONDS	1 packet
SNOW PEAS	150g
BROCCOLINI	1 bunch

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, baking paper

#### **KEY UTENSILS**

large frypan, saucepan, oven dish

#### **NOTES**

Rinse and pat fish dry before cooking to remove any stray scales.

Reserve 1/2 lemon to wedge and serve at the end if you prefer a stronger lemon flavour.



#### 1. COOK THE RICE

Set oven to 220°C.

Place **rice** and **zest from** 1/2 lemon in a saucepan, cover with **300ml water**. Bring to a boil, cover with a lid and reduce to medium-low heat. Cook for 10–15 minutes or until **water** is absorbed. Remove from heat and let stand for 5 minutes. Fluff gently with a fork.



#### 4. TOAST THE ALMONDS

Add **almonds** to a dry frypan over medium-high heat. Toast for 4-5 minutes until golden. Set aside.



#### 2. PREPARE THE FISH

Coat fish with crushed garlic clove, 1 tsp chopped rosemary leaves, salt and pepper (see notes). Place in a lined oven dish. Slice lemon and add on top along with butter.



#### 3. BAKE THE FISH

Cover **fish** with **baking paper**, tucking in edges. Bake in the oven for 15–20 minutes or until cooked through.



### **5. SAUTÉ THE VEGETABLES**

Trim and halve **snow peas** and **broccolini**. Add to frypan with **1 tbsp oil**. Cook for 4-5 minutes or until tender. Season with **salt** and pepper.



#### 6. FINISH AND SERVE

Divide **rice** and **vegetables** among plates. Top with **fish fillet** and **lemon butter sauce**. Sprinkle with toasted **almonds**.



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