

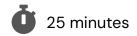




# **Lemon Fish**

# with Mediterranean Rice

Mediterranean-style rice cooked in stock with tomatoes, zucchini and olives, served with seared lemon fish and finished with crumbled feta cheese.





2 servings



# Boost the flavour!

If you're a fan of bold flavours, you can add some crushed garlic, ground turmeric or paprika to the rice. Finish with fresh chopped parsley if you have some.

PROTEIN TOTAL FAT CARBOHYDRATES 37g

### **FROM YOUR BOX**

BROWN ONION	1
ZUCCHINI	1
TINNED CHERRY TOMATOES	400g
BASMATI RICE	150g
WHITE FISH FILLETS	1 packet
LEMON	1
GREEN OLIVES	1 jar
FETA CHEESE	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1 stock cube (of choice)

#### **KEY UTENSILS**

large frypan with lid, frypan

#### **NOTES**

You can grate the zucchini to hide the vegetables if preferred.

Use the olives to taste. You can also crumble the feta cheese and stir it through the rice to melt.



# 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Dice onion and zucchini, add to pan as you go (see notes). Add 1 tsp oregano and cook for 5 minutes.



#### 2. COOK THE RICE

Stir in 1/2 crumbled stock cube, tinned cherry tomatoes and rice. Pour in 1 cup water. Cover and simmer for 10 minutes until rice is tender and water absorbed. Take off heat and leave to sit for 5 minutes.



#### 3. COOK THE FISH

Coat fish with 1 tsp lemon zest and 1 tbsp juice (wedge remaining), 1 tsp oregano, oil, salt and pepper. Heat a second frypan over medium-high heat with oil. Cook fish for 3-4 minutes each side or until cooked through.



# 4. ADD THE OLIVES

Drain **olives** and toss through rice (see notes). Season with **salt and pepper** to taste.



## 5. FINISH AND SERVE

Serve fish alongside rice with lemon wedges. Crumble **feta cheese** on top to taste.



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