



### Product Spotlight: Basmati Rice

Basmati rice is small but long-grained, aromatic rice ('basmati' means fragrant). It is of Southeast Asian origin and has been cultivated for over 8000 years.



## 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.



25 minutes



2 servings



Fish

## 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.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	36g	65g

## 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 lemon 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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