



Product Spotlight: Lemon

When zesting lemons, only remove the brightly coloured peel. Avoid the white part, or pith, as this is quite bitter.



Spanish Fish and Rice

Paprika fish fillets cooked until golden, served with a paella style rice with green beans and capsicum. All finished with a drizzle of lemon aioli and sprinkle of sliced chives.



25 minutes



2 servings



Fish

Add extra veggies!

This dish is great for adding extra veggies! You can add corn or peas from the freezer to the rice! Sliced mushrooms also work well.

Per serve: **PROTEIN** 35g **TOTAL FAT** 27g **CARBOHYDRATES** 73g

FROM YOUR BOX

BASMATI RICE	150g
LEMON	1
AIOLI	100g
GREEN BEANS	150g
RED CAPSICUM	1
TOMATO	1
CHIVES	1 bunch
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground turmeric

KEY UTENSILS

2 frypans, saucepan

NOTES

You can use the rice tub to measure the water for cooking in step 1. Simply fill 1 1/2 x tub of water to get the amount needed.



1. COOK THE RICE

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE AIOLI

Zest 1/2 lemon and set aside for step 5.

Combine **aioli** with **1/2 tbsp lemon juice** (wedge remaining).



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp olive oil**. Trim and halve **beans**. Slice **capsicum** and dice **tomato**. Add to pan as you go along with **1 tsp turmeric** and **2 tsp smoked paprika**. Cook for 5 minutes.



4. TOSS THE RICE

Slice **chives**.

Add **1/2 of the chives** to pan and toss with **cooked rice** until well combined. Season to taste with **salt and pepper**. Set aside and keep warm.



5. COOK THE FISH

Coat **fish fillets** with **reserved lemon zest**, **1/2 tsp smoked paprika**, **oil**, **salt and pepper**. Cook in a second frypan over medium-high heat for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide **rice** and **fish** among plates. Finish with **aioli** drizzle, a sprinkle of **chives** and serve with a **lemon wedge**.



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