

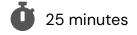




Lemon Fish

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.





4 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

35g

FROM YOUR BOX

BROWN ONION	1
ZUCCHINI	1
TINNED CHERRY TOMATOES	400g
BASMATI RICE	300g
WHITE FISH FILLETS	2 packets
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LEMON	1
GREEN OLIVES	1 1 jar
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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.

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 2 tsp oregano and cook for 5 minutes.



2. COOK THE RICE

Stir in 1 crumbled stock cube, tinned cherry tomatoes and rice. Pour in 2 cups 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 zest and juice from 1/2 **lemon** (wedge remaining), **2 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.







