



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



4/6 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
4/6 Person:	49g/44g	36g/25g	64g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
ZUCCHINI	1	1
TINNED CHERRY TOMATOES	400g	2 x 400g
BASMATI RICE	300g	300g + 150g
WHITE FISH FILLETS	2 packets	3 packets
LEMON	1	2
GREEN OLIVES	1 jar	1 jar
FETA CHEESE	1 packet	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.

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



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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 **2-3 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.

6P - pour in 3 cups water.



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.

6P - coat fish with zest and juice from 1 lemon (wedge remaining), 3 tsp oregano, oil, salt and pepper.



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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