



Product Spotlight: Brown Basmati Rice

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



Paprika Fish with Dirty Rice

Smoky paprika white fish fillets served over brown basmati rice sautéed with tomato paste and vegetables.



30 minutes



2 servings



Fish

23 June 2023

Bulk it up!

This dirty rice is a great way to use up most leftover veggies in your fridge. Add sweet potato, zucchini, peas or finely shredded cabbage. Add a little extra water and adjust the cooking time when adding firmer vegetables.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	5g	72g

FROM YOUR BOX

BROWN BASMATI RICE	150g
WHITE FISH FILLETS	1 packet
SPRING ONIONS	1 bunch
CELERY STICK	1
RED CAPSICUM	1
CORN COB	1
TOMATO PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika, stock cube, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If you like spice, switch the smoked paprika for Cajun seasoning, or a mix of smoked paprika and ground cayenne pepper.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE FISH FILLETS

Heat a large frypan over medium-high heat. Coat fish in oil, **1 tsp smoked paprika** (see notes), **salt and pepper**. Add to pan and cook for 2–4 minutes each side or until cooked through. Remove from pan and reserve pan for step 4.



3. PREPARE THE VEGETABLES

Meanwhile, thinly slice spring onions (reserve green tops for step 6) and celery. Roughly chop capsicum and remove corn kernels from cob (see 'Bulk It Up' on the front page).



4. COOK THE VEGETABLES

Add vegetables to reserved frypan and cook, stirring occasionally, for 4 minutes. Add **3 tsp paprika**, **3 tsp cumin** and tomato paste to pan. Cook for 1 minute.



5. ADD THE RICE

Add rice to frypan with vegetables along with **1/2 cup water** and **1 tbsp vinegar**. Crumble in **stock cube**. Cook for 5 minutes.



6. FINISH AND SERVE

Divide dirty dice among shallow bowls. Serve with fish and garnish with reserved spring onion green tops.



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