



### 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

26 May 2023

## 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	TOTAL FAT	CARBOHYDRATES
	28g	22g	35g

## FROM YOUR BOX

BASMATI RICE	150g
LEMON	1
AIOLI	50g
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, cover with **300ml water** (see notes). 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. PREPARE THE AIOLI

Zest 1/2 lemon and set zest 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 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 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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