



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



4 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
	26g	22g	29g

FROM YOUR BOX

BASMATI RICE	300g
LEMON	1
AIOLI	100g
GREEN BEANS	150g
RED CAPSICUM	1
TOMATOES	2
CHIVES	1 bunch
WHITE FISH FILLETS	2 packets

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 **600ml 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 lemon and set zest aside for step 5. Combine aioli with juice from 1/2 lemon (wedge remaining).



3. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Trim and halve beans. Slice capsicum and dice tomatoes. Add to pan as you go with **2 tsp turmeric** and **1 tbsp 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 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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