



ONE-PAN GREEN RICE & FISH

405 Kcal | 27g Proteins | 5g Fats | 63g Carbs | 3g Fibers

Ingredients

8 green onions
2 cloves of garlic
1 oz. (30g) fresh cilantro
3.5 oz. (100g) baby spinach
1.3 pt. (600ml) water
10.6 oz. (300g) basmati rice
4x 6 oz. (170g) cod fish filets, skinless
alt & black pepper, to taste

1 tbsp. olive oil
4 tbsp. natural yogurt
2 tsp. harissa paste

Optional:

½ tsp. red pepper flakes
1 lemon, wedges
1 tbsp. cilantro, chopped

What you need to do

- ☑ Place green onions, garlic, cilantro, spinach and water in a blender or food processor, and blitz until smooth.
- ☑ Place the rice in a large skillet and pour over the green sauce, mix and cook on a high heat for 5 minutes.
- ☑ Stir well, then carefully place the cod filets on top. Season to taste with salt and pepper and drizzle with olive oil. Cover the skillet with a lid, reduce the heat to low and cook for 12-15 minutes, or until the rice and the fish has cooked.
- ☑ Serve the rice and fish with a spoon of yogurt and harissa on top. Then garnish with red pepper flakes, cilantro and lemon wedges.



Serves
4



Prep. Time
10 minutes



Cook
20 minutes