



## BAKED ITALIAN FISH WITH SPICY SAUCE & RICE

**Nutrition Facts/100 grams of fish:** Calories 266, Protein 21g, Carbs 17 g, Fat 13g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 30 min



## INGREDIENTS

Marinated Whole Seabream Fish

Onion

Green Onion,

Parsley

Broth

Butter

Lemon Juice

Chili flakes (optional)

Rice

# METHOD

1. Preheat oven to 180C.
2. Place fish in an oven dish cook in oven uncovered for 30 minutes, check doneness, meat should flake easily with fork. If not done, cook 10 minutes further.
3. Turn top grill on and bake 5 minutes or until browned and just crispy. Do not burn.

## **While fish is cooking prepare sauce:**

4. Dissolve broth in boiling water (250 ml per cube)
5. Place a deep pan or skillet over medium heat, when hot add butter and swirl to melt & heat.
6. When butter is hot, add chopped onions with a dash of salt and sauté stirring occasionally until it just starts to golden.
7. Add chili flakes if using then the sauce base to the onions and cook stirring for 30 seconds or until oil separates.
8. Add the broth and bring to boil. Simmer for 15 minutes.
9. Remove from heat the blend with electric blender till smooth.
10. Add spring onions, parsley & lemon juice. Adjust salt to taste & serve on side.

## **While fish is cooking cook the rice:**

11. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
12. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
13. Place pot over high heat & add water (read instructions on package) & provided salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
14. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.