



## RICE WITH FISH AND FRESH CORIANDER

 45 minutes 1 hour 12 portions

### INGREDIENTS

- 300 grams of rice, white, basmati, raw
- 1000 grams of water
- 1000 grams of fish, whitefish, mixed species, raw
- 40 grams of garlic, raw
- 150 grams of coriander leaves, fresh
- 1 medium unit of onions, raw [150 g]
- 200 grams of carrot, raw
- 200 grams of peas, green, frozen, unprepared
- 25 grams of butter, ordinary
- 6 tablespoons of oil, olive, salad or cooking [81 g]
- 3 units without seeds of oranges, raw, with peel [477 g]
- 30 grams of nuts, pistachio nuts, raw

### COOKING METHOD

- <sup>10</sup> 1. Boil rice in salted water. When ready add butter and keep at side. 2. Cut onion and carrots into small cubes, crush garlic in mortar, chop fresh coriander. 3. Add 2 tablespoon of olive oil in skillet and slightly fry onion, then add carrots, frozen green peas, crushed garlic and chopped coriander. Cover and simmer for 10 minutes, then put at side. 4. Defrost fish fillets, cut into pieces, season with salt and spices, then fry using remaining 4 tablespoons of olive oil. 5. Peel oranges and cut them into slices 1 cm thick. 6. Take deep dish (not plastic), put a layer of fried fish and pistachio nuts, then add layer of your veggie mix, after orange slices and boiled rice. Press down with the spoon, cover with towel and leave it for 15 minutes. 7. Cover the dish with wide tray and turn it upside down. The dish is ready. 8. Bon appetit!

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (303 g)	% DRI
ENERGY	112 kcal	339 kcal	17 %
FAT	5 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	18 mg	54 mg	18 %
SODIUM	28 mg	84 mg	4 %
CARBOHYDRATE	11 g	33 g	11 %
SUGARS	1 g	3 g	-
FIBER	1 g	4 g	16 %
PROTEIN	7 g	20 g	-