

Less than 30 minutes

Serves 3-4

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Ingredients:

Rainbow rice:

- Glug olive oil
 - 3 cloves garlic, chopped
 - 1 long red chilli, chopped (optional)
 - 2 cups (500ml) basmati rice
 - 1 sachet (50g) tomato paste
 - Salt, to taste
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- Glug olive oil
 - 1 red onion, sliced
 - ½ packet (250g) PnP sweet baby peppers, seeded and sliced
 - 1 packet (230g) PnP Tasty Stem broccoli, halved
 - 1 cup (250ml) frozen peas
 - 4 haddock fillets, defrosted
 - Juice (60ml) and grated peel of 1 lemon
 - Handful fresh coriander, chopped
 - Microherbs, for serving

Method:

1. Heat oil in a pot and fry garlic and chilli until fragrant.
2. Add rice and fry for a minute to absorb oil.
3. Mix tomato paste with water (use the amount indicated for cooking 2 cups rice on the packet).
4. Add to rice, season well and cook until rice is tender.
5. Remove pot from stove, cover with a dishcloth and lid and steam for 5 minutes.
6. Heat oil in a pan and sauté onion until it starts to soften.

7. Toss in baby peppers and broccoli, and stir-fry for a few minutes.
8. Add peas and place fish on top.
9. Cover with a lid and steam until the fish is tender, about 4-5 minutes.
10. Remove fish and flake, discarding skin and any bones.
11. Fluff rice with a fork and stir through lemon juice and peel and coriander.
12. Toss rice with fish and vegetables, and garnish with microherbs before serving.