

Less than 45 minutes

Serves 4

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Ingredients

- Glug olive oil
- 1 packet (500g) haddock portions or fillets, defrosted
- Salt and milled pepper
- 2 onions, sliced
- 2 yellow peppers, diced
- 1 packet (200g) bacon, diced
- 1 sachet (100g) tomato paste
- 4 cups (1L) vegetable stock
- 1 ½ cups (300g) brown basmati rice
- Handful fresh dill, parsley or coriander, chopped
- ½ packet (2-3) spring onions, sliced
- Lemon wedges, for serving

Method

1. Heat oil in a pan over high heat.
2. Season fish and fry for 3-4 minutes a side. Remove and set aside to cool.
3. Sauté onions, peppers and bacon in the same pan until bacon is crispy and aromatics have softened.
4. Stir in tomato paste. Cook for 1-2 minutes, or until sticky, then add stock.
5. Add rice, season and leave to simmer for 20-25 minutes.
6. Flake the fish, in the meantime.
7. When just about all the liquid in the pan has been absorbed, fluff up rice and stir through flaked haddock, chopped herbs and spring onion.
8. Serve with lemon wedges on the side.

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