

Spicy fish and rice bake

TIME: 50 MINUTES SERVINGS : 2

INGREDIENTS

- 2 7 oz white fish fillets
- 1 large onion
- 2 medium tomatoes
- 1 medium carrot
- 2 tablespoons olive (or desired) oil
- 3/4 cup white long-grained rice
- 1 1/4 cups veggie (or chicken) stock
- 1/2 teaspoon crushed chili
- 1 teaspoon paprika
- 2 tablespoons tomato puree
- 2 cups of cooked peas



Adapted from: Spicy fish and rice bake in tomato sauce (foodleclub.com)



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Spicy fish and rice bake

PROCEDURE

1. Preheat oven to 375° F.
2. Peel and chop onion and carrot into small pieces.
3. In a saucepan, heat olive oil and sauté vegetables until soft and tender, do not brown. Set vegetables aside.
4. Add the veggie stock, crushed chili, paprika, and tomato puree to the saucepan and bring to a boil.
5. Place rice in a 7"x9" baking dish, now pour the stock over the rice and add your vegetables.
6. Submerge fish in the stock/rice mixture, cover dish in foil.
7. Place dish in over and bake for 30 minutes.
8. Once cooked, serve with a side of cooked peas.



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