



One Pot Fish and Rice

4 Servings • 1 Serving = 4 Ounces Fish and ½ Cup Rice

INGREDIENTS

- 1 pound white fish fillet
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- Juice from 1 lemon
- ½ Tablespoon extra virgin olive oil
- ½ small white onion, finely chopped
- ½ poblano pepper, finely chopped
- ½ red bell pepper, finely chopped
- 1 teaspoon ground paprika
- 4 sprigs fresh thyme, leaves rubbed off
- 2 Roma tomatoes, chopped
- 1 cup instant brown rice
- 1 ½ cup low-sodium chicken or vegetable broth, warm
- 4 lemon wedges

DIRECTIONS

1. Cut fish into four equal pieces. Season with salt, pepper, and a squeeze of lemon juice. Cover with saran wrap and place in fridge.
2. Heat oil in a large skillet over medium heat. Add the onion, poblano pepper, and red bell pepper. Cook until soft, making sure not to brown, about 5 minutes. Add the paprika and thyme. Stir and cook for another 2 minutes.
3. Add the tomatoes and allow to soften. Stir in the instant brown rice and toast for 1 minute.
4. Add the broth and bring to a boil. Turn down heat and simmer for a few seconds. Do not stir. Cover and cook for 10 minutes.
5. After 10 minutes, place the pieces of fish on top of the rice. Cover again and continue to cook for another 10 minutes, or until both rice and fish are fully cooked. Remove from heat. Remove the pieces of fish from the rice.
6. Fluff the rice with a fork. Divide rice and fish into four servings.
7. Serve with lemon wedges.

Nutrition Facts

4 servings per container
Serving size 4 ounces fish and 1/2 cup rice

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 260mg	11%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 14mcg	70%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 542mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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