

HEALTHY FAST FISH MEDLEY RECIPE

☰ **Prep:** 15 mins
🕒 **Cook:** 17 mins
🍴 **Servings:** 4
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Ingredients

- ▲ 1 cup rice (uncooked)
- ▲ 1 tsp olive oil
- ▲ 1 small brown onion, chopped
- ▲ 1 clove garlic, crushed
- ▲ 425 g can no-added-salt crushed tomatoes with herbs
- ▲ 1 red chilli, seeded and finely chopped
- ▲ 1 medium red capsicum, seeded and finely chopped
- ▲ 1 cup frozen peas
- ▲ 350 g firm white boneless fish fillet, cut into 2-3cm pieces
- ▲ 100 g scallops or scallop pieces, optional
- ▲ 1 bunch English spinach leaves, chopped

Method

1. Cook rice following packet directions.
2. Heat oil in pan and cook onion and garlic until softened. Add tomatoes and chilli then simmer for 5 minutes.
3. Stir in cooked rice, capsicum, peas, fish and scallops, cover and cook for 5 minutes or until fish and capsicum are cooked. Stir through spinach until wilted and mixed well with all ingredients.

Hint

You can use frozen fish in this recipe

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Variation: Prawns may replace the scallops, and other vegetables may be used, such as green beans, sweet corn and snow peas.

Nutrition Information

	per serving	per 100g
Energy	1688 kJ	360 kJ
	403 Cal	86 Cal
Protein	34 g	7.3 g
Fat, total	8.2 g	1.8 g
— saturated	1.7 g	0.4 g
Carbohydrate	42.2 g	9 g
— sugars	7.2 g	1.5 g
Sodium	294.8 mg	63 mg
Fibre	8.6 g	1.8 g