



Puerto Rican Lemon Fish

with Olives and Yellow Rice



20-30min



4 Portions

Discover our easy take on Caribbean fish stew and yellow rice. We've simplified both the elements, adding fresh herbaceous flavours with oregano, coriander and lemon instead of the more labour-intensive traditional sofrito sauce, and used turmeric instead of harder-to-find achiote to tint the rice yellow. With its bright colour and citrus tang, it's a great way to welcome the warmer weather.

What we send

- garlic cloves, coriander, oregano
- ling fillets 4
- lemon, brown onion
- jasmine rice
- pitted green olives
- ground turmeric

What you'll require

- butter 7
- olive oil
- sea salt and pepper
- water

Utensils

- deep frypan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 660.0kcal, Fat 27.1g, Proteins 36.2g, Carbs 64.2g



1. Prepare ingredients

Finely chop the **garlic** and the **onion**. Coarsely chop the **coriander leaves** and finely chop the **coriander stems**. Pick the **oregano** leaves, discarding the stems. Halve the lemon and thinly slice lengthwise. Coarsely chop the **olives**. Cut the **ling** into 3cm chunks. Rinse the **rice** well.



2. Make yellow rice

Heat **half the oil** in a medium saucepan over medium heat. Add **half the garlic, half the onion, half the turmeric, salt and pepper**. Cook, stirring, for 3 mins or until softened. Add **rice** and **cold water** (see staples list), and stir until just combined. Bring to a simmer, then reduce heat to low, cover with a lid and cook for 12 mins or until water has absorbed.



3. Prepare lemon water

Meanwhile, combine the **lemon** and the **boiling water** (see staples list) in a heatproof jug.



4. Cook aromatics

Heat the **butter** and **the remaining oil** in a large deep frypan over medium heat. Add the **oregano, coriander stems, remaining garlic** and **remaining onion**, and cook, stirring, for 3-5 mins until onion is softened.



5. Cook fish

Stir in the lemon water, including the lemon pieces and the **remaining turmeric**, then add the **olives** and **ling**. Season with **salt and pepper**. Cover with a lid, then reduce heat to low and cook for a further 5 mins or until fish is cooked through.



6. Get ready to serve

Fluff up the rice with a fork and stir through **half the coriander leaves**. Divide the rice among bowls and top with the fish stew. Scatter over the **remaining coriander leaves** to serve.