

Webfid00286hero cajunbbqfish 21

Cajun Barbecued Fish

with Mixed Vegetable Rice



30-40min



4 Portions

We simply love this smoky Cajun marinated fish - it's easy, fragrant and, best of all, delicious! Served on a bed of rice and veggies with a zingy squeeze of lemon, it's a great way to include fish in your week.

What we send

- green peas
- spice mix
- parsley
- green beans
- carrot
- ling fillet 4
- lemon
- jasmine rice

What you'll require

- olive oil
- salt

Utensils

- large frypan
- large saucepan
- medium saucepan
- sieve

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

Cooking tip

If the kids don't like fresh herbs mixed in with their rice, coarsely chop the parsley instead, then scatter over the meal at the end for the parents. Cooking time of fish will depend on your BBQ.

Allergens

Fish (4). May contain traces of other allergens.

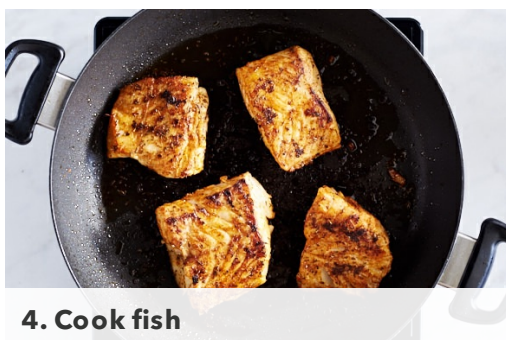
Nutrition per serving

Energy 575.0kcal, Fat 10.1g, Proteins 40.5g, Carbs 75.0g



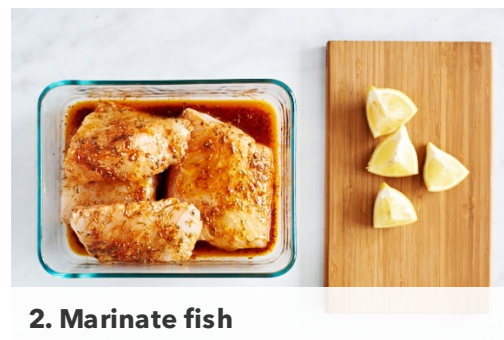
1. Cook rice

Rinse the **rice** well. Place in a medium saucepan with 560ml (2¼ cups) water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins. Bring a large saucepan of salted water to the boil for the vegetables.



4. Cook fish

Cook **fish** on preheated oiled barbecue hot plate (or in a large frypan over medium-high heat) for 3-4 mins each side until cooked through (see cooking tip).



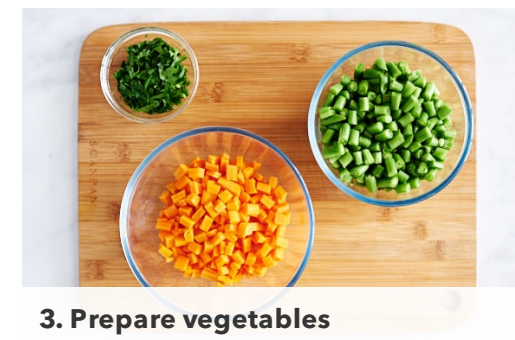
2. Marinate fish

Preheat a barbecue flat plate on medium-high (alternatively fish can be cooked in a frypan). Squeeze half the **lemon**. Combine 2 tbs **oil**, 1 tbs **lemon juice**, the **spice mix** and a pinch of **sea salt**, if liked in a shallow dish. Cut **fish** into 4 portions. Add fish to the marinade and turn to coat. Cut remaining lemon half into wedges.



5. Cook vegetables

Meanwhile, cook the **carrots** in the pan of boiling water for 4 mins. Add **beans** and cook for a further 2 mins. Add **peas** and cook for 1 min. Drain well then return to the pan.



3. Prepare vegetables

Dice the **carrots**. Trim ends of **beans** and cut into 1cm pieces. Pick the **parsley** leaves (discard stems) and finely chop (see cooking tip).



6. Get ready to serve

Fluff up the **rice** with a fork then stir in the **cooked vegetables**. Stir **parsley** through rice, if desired. Divide rice and vegetables between plates and top with the **fish**. Serve with **lemon wedges** and any remaining parsley scattered over.