

# BAKED FISH

with Yellow Cashew Nut and Lemon Rice



Simple and tasty weeknight fish dinner with a Middle Eastern twist.

**COOKING TIME: 25 MIN**

**CALS 818.6 | PROT 50.7G | CARBS 108G | FAT 26.9G**



## TIPS FOR FUSSY EATERS

This is an easy meal to like. Serve the rice before squeezing in the lemon juice.

## PRO TIP

This beautiful, fragrant, and delicious Cashew Rice makes the perfect side to grilled meats or vegetarian platters.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Nile Perch	350g	525g	700g
Basmati rice	200g	300g	400g
Turmeric	2g	3g	4g
Cashew nuts	40g	60g	80g
Fried Onion	10g	15g	20g
Cardamom pod	2	3	4
Cinnamon stick	1	1	2
Green beans	150g	225g	300g
Chives	8g	12g	16g
Butter	10g	10g	20g



### 1 COOK THE RICE

Preheat the oven to 200°C. Wash the **basmati rice** thoroughly under running **water** until the **water** becomes clear. Place the **rice** into a saucepan and add some vegetable **oil**, **salt**, **cardamom pods**, **turmeric** and **cinnamon sticks** and cover with the **water**. Use **rice** and **water** ratio 1:2. Place a lid on the pot and cook at low heat. The **rice** should take around 15 minutes to cook and all the **water** should be absorbed.



### 4 MIX

Cut in half and mix with the ready **rice**, together with the **cashew nuts** and **fried onions**. Squeeze the **lemon juice** into the **rice** and mix well.



### 2 BAKE THE FISH

Place the **fish** in a tray and season with **salt** and **pepper**. Bake in the preheated oven for 15-20 minutes depending on the thickness of the fillet.



### 5 TOAST THE NUTS

In a small pan with a spoon of **oil** toast the **cashew nuts** until nicely golden brown in color. Set aside.



### 3 COOK THE BEANS

Place a small pan of **water** on medium heat and bring the **water** to boil. Cook the **green beans** for 6 minutes (not too soft – al dente) and drain thoroughly.



### 6 SERVE

Once the **fish** is cooked add the **butter** and chopped **chives** on the top of the **fish** and serve with the yellow **rice** and the **cashew nuts**.

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