



## BAKED FISH WITH MATCHBOOS

Light oven baked fish with delicious fragrant rice, Perfect harmony with Matchboos spices.

**Nutrition Facts Per Serving:** Calories 638, Protein 50g, Carbs 59g, Fat 23g

Cooking process and additional ingredients added at home will affect the total value.

**Preparation Time:** 10 min, **Cooking Time:** 40 min



## INGREDIENTS

Whole Seabream Fish

Loomi Juice

Basmati Rice

Onion

Garlic

Ginger

Matchboos Spices

Salt

Sunflower Oil

Parsley for Garnish

# METHOD

1. Preheat oven to 180C
2. Place fish in an oven dish cook in oven uncovered for 30 minutes, check doneness, meat should flake easily with fork. If not done, cook 10 minutes further.

## **While fish is cooking cook the rice:**

3. Wash rice and drain well.
4. Place pot over medium heat, when hot add oil and allow a few second to heat.
5. Add onions and cook stirring until light golden.
6. Add garlic, ginger and cook for a few seconds until aroma is released
7. Add spices, salt and rice. Stir gently with wooden spoon then add measured water.
8. Turn heat to high, bring water to boil, cover with tight lid, reduce heat to lowest, cook for 20 min.
9. Remove pot from heat, keep covered and rest for 5 min.
10. Fluff with fork and transfer to serving plate.
11. Carefully transfer fish over rice, sprinkle parsley and serve immediately.

**BON APPETIT**