

# Veggie Pilaf and Fish

11 ingredients · 40 minutes · 8 servings



## Directions

1. In a saucepan, bring the water, butter, chicken broth, sea salt, black pepper and garlic to a boil.
2. Add the rice and the carrots. Reduce the heat to a low simmer and cover. Let simmer for 25 to 30 minutes, or until rice is tender.
3. Once the rice is tender, remove from the heat. Stir in the slivered almonds, parsley and green onion and enjoy!
4. Cook white fish or prawns in garlic and butter and serve on the top of the rice.

## Notes

### No Fresh Vegetables?

Not a problem. This recipe works equally well with canned or frozen corn or vegetables. Add whatever you have on hand.

### Nut-Free

Use sunflower seeds or pepitas instead of almonds.

### No Brown Basmati Rice

Use any type of long-grain rice instead.

### Leftovers

This rice keeps well in the fridge up to three days.

## Ingredients

- 3 cups** Organic Chicken Broth
- 1/4 tsp** Sea Salt
- 1** Garlic (clove, minced)
- 1 1/4 cups** Brown Basmati Rice (dry, uncooked)
- 1/2 cup** Matchstick Carrots (Not cut too fine)
- 1/2 cup** Slivered Almonds (toasted, or flaked)
- 1 cup** Broccoli (Chopped)
- 1/4 cup** Parsley (chopped)
- 1/2** Red Capsicum (chopped)
- 500 grams** Prawns (raw, or any white fish)
- 2 stalks** Green Onion (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	209	Iron	1mg
<b>Fat</b>	11g	Vitamin D	0IU
<b>Carbs</b>	25g	Folate	4µg
Fiber	2g	Vitamin B12	0µg
Sugar	1g	Magnesium	3mg
<b>Protein</b>	4g	Zinc	0mg
Calcium	39mg	Selenium	0µg