



FAST. EASY. FRESH.

HERB-BAKED FISH WITH PEPPERS, TOMATOES, AND CILANTRO RICE

1. To start, preheat your oven to 375°F. Next, combine your **rice** with 1 ½ cups of water and a pinch of **salt** in a small pot. Bring to a boil, then reduce the heat to low, cover, and let simmer for 15-18 minutes, or until all the water has been absorbed.

2. Meanwhile, prepare your ingredients. Pick the leaves off the **rosemary, thyme,** and **basil** and chop them finely. Peel and thinly slice the **onion**. Thinly slice the **tomato** into wedges and de-seed and thinly slice the **peppers** lengthwise. Peel and mince the **garlic**.

3. Add the **snapper** to a shallow dish or plate and drizzle with 1 Tbsp. **olive oil**, a sprinkle of salt and **pepper**, all the chopped herbs, and about a 1 Tbsp. squeeze of **lime** juice. Toss to coat and then set in the fridge to marinate.

4. Next, heat a large pot over medium-high heat. Once hot, add 1 Tbsp. olive oil, onion, tomatoes, garlic, and the bell peppers. Season with salt and pepper to taste, and stir to coat. Cook, stirring frequently, for 8-10 minutes. Stop when the peppers are tender and set aside.

5. Heat a large pan over medium-high heat. Once hot, add the fish. Cook for 1-2 minutes, then carefully flip, and cook for 1-2 minutes more. You aren't looking for the fish to be completely cooked at this point, just seared.

6. Transfer the fish to a large baking dish and top with the sautéed peppers, tomatoes, and onions; spreading in an even layer. Cover with foil and bake for 10 minutes. To serve, roughly tear of the **cilantro** leaves and stir into the rice, then spoon into dishes and top with the baked fish and veggies. Serve alongside lime wedges. Enjoy!



Ingredients (2 Person Serving – 601 Calories Per Serving)

Snapper Fillets	250 g	Tomato	1
Olive Oil	2 Tbsp.	Garlic	2 Cloves
Rosemary	2 Sprigs	Sweet Bell Peppers	2
Thyme	4 g	Cilantro	Small Bunch
Basil	7 g	Basmati Rice	¾ Cup
Yellow Onion	1 Small	Lime	1
		Salt and Pepper	To Taste

40 Minute Cook Time!