

HONEY AND SUMAC WHITING

with Warm Mediterranean Rice and Chickpea Salad





HELLO WHITING

Whiting is from the same family as Cod. It is sustainably fished off the southwest coast of the UK.











Ground Cumin



Smoked Paprika





Steamed Brown Rice and Quinoa

Premium Tomato Mix



Red Wine Vinegar





Sumac

Whiting Fillets

Honey

20 mins



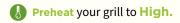


MEAL BAG

Rapid recipe

Whiting is a delicious white fish that is a member of the Cod family. Mild in flavour and often overlooked, Chef Andre has jazzed this fish up by pairing it with punchy Middle Eastern spices and honey. Served with a nutty chickpea salad and lots of dill, this dish makes a super tasty, dinner for any night of the week.







PREP TIME

- a) Halve, peel and thinly slice the red onion.
- b) Trim the **carrot** and coarsely grate.
- c) Roughly chop the dill (stalks and all).
- d) Drain and rinse the chickpeas in a sieve.



START THE RICE SALAD

- a) Heat a splash of oil in a saucepan over medium high heat.
- b) When hot, add the red onion. Stir and cook until soft, 3-4 mins.
- c) Add the chickpeas, cumin and smoked paprika. Stir and cook until fragrant, 1 minute.



4 CHOP THE TOMS

- a) Halve the **tomatoes** and pop into a bowl.
- b) Stir in the red wine vinegar, a good glug of olive oil and a sprinkle of salt. Keep to one side.



5 GRILL THE FISH

- a) Line a baking tray with foil. Drizzle on a splash of oil. Lay the whiting fillets on the hands after handling raw fish.
- **b)** Season with **salt** and **pepper**. Grill for 5-7 mins. **(1) IMPORTANT:** The fish is cooked when opaque in the centre.



3 ADD THE RICE

- a) Stir in the carrot and cooked rice. Break it up with your spoon.
- b) Lower the heat and cook, stirring frequently until the rice is piping hot, 2-3 mins.
- c) Cover the pan with a lid and remove from the heat.



6 FINISH AND SERVE

- a) Mix the tomatoes and any juices they have released through the rice.
- b) Stir through half the dill and half the sumac, then season to taste with salt and pepper.
- c) Share the rice between your plates. Finish the **whiting** by squeezing on the **honey** and sprinkling with the remaining **sumac**. Carefully sit the **fish** on top of your **rice** and finish with the remaining dill.

Eniov!

INGREDIENTS

| | 2P | 3P | 4P |
|-------------------------------|----------------|----------------|----------------|
| Red Onion * | 1 | 1 | 2 |
| Carrot * | 1 | 1 | 2 |
| Dill ∗ | 1 bunch | 1 bunch | 1 bunch |
| Chickpeas | 1 carton | 1½ cartons | 2 cartons |
| Ground Cumin | 1 small pot | ¾ large pot | 1 large pot |
| Smoked Paprika | 1 small pot | ¾ large pot | 1 large pot |
| Steamed Brown Rice and Quinoa | 1 pack | 1½ packs | 2 packs |
| Premium Tomato Mix | 1 | 2 | 2 |
| Red Wine Vinegar 14) | 1 sachet | 1 sachet | 2 sachets |
| Whiting Fillets 4) * | 4 | 6 | 8 |
| Sumac | 1 small pot | ¾ large pot | 1 large pot |
| Honey | 1 sachet | 2 sachets | 2 sachets |
| | | | |

*Not Included * Store in the Fridge

| NUTRITION FOR UNCOOKED INGREDIENT | PER SERVING 536G | PER 100G |
|-----------------------------------|---------------------|-------------|
| Energy (kJ/kcal) | 1826 /437 | 341 /82 |
| Fat (g) | 6 | 1 |
| Sat. Fat (g) | 1 | 1 |
| Carbohydrate (g) | 60 | 11 |
| Sugars (g) | 17 | 3 |
| Protein (g) | 29 | 6 |
| Salt (g) | 1.07 | 0.20 |
| | | |

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

4) Fish 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

FSC

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