

# Haddock, Asian veg & Coconut Wild rice

Serves 2:

## Ingredients:

- 2 x 150g haddock fillet (skin off)
- 100g wild rice
- 120g tender stem broccoli
- 1/2 red chilli
- 1 lime
- 1 tsp oil
- 200ml coconut milk
- 2 garlic cloves
- 2 tsp soy sauce
- 2 tsp white sesame seeds
- 4cm fresh ginger
- 80g baby sweetcorn
- 80g sugar snap peas
- Medium handful of fresh coriander



## Method:

1. Preheat the oven to 200C / gas mark 6 and boil a kettle.
2. Rinse the wild rice and add to a saucepan with 500ml boiling water and a pinch of sea salt. Simmer for 25-30 mins.
3. Place the fish on a baking tray in grease proof paper. Drizzle with 1/2 tsp oil and season with sea salt and black pepper. Place in the oven for 15 mins or until cooked through.
4. Meanwhile, peel and finely chop (or grate) the ginger and garlic. Finely chop the chilli and coriander. Slice the sugar snap peas in half lengthways. Roughly chop the baby corn and broccoli into bites sized pieces.
5. In a large frying pan on a medium heat add 1/2 tsp of oil. Add the garlic, ginger and chilli (as much chilli as desired). Cook for 1 minute. Add the broccoli, baby corn, sugar snaps, soy sauce, half of the coriander and

the juice from half of the lime. Cook for a further 5 minutes until veg is cooked but still slightly crunchy. Stir in the coconut milk.

6. Add the drained rice to the pan. Stir and cook for 1-2 minutes until hot. Season with sea salt and black pepper, to taste.

7. To serve spoon the coconut rice and vegetables onto two warm plates.

Place the fish on top. Garnish with the remaining lime juice, coriander and sesame seeds.