

Lime Scented White Fish on Cuban Rice



INSPIRED RECIPES

Ingredients

- ◆ 4 white fish fillet
- ◆ (4-5 oz each)
- ◆ 2 Tbsp lime juice
- ◆ 1 tsp lime zest
- ◆ 1 Tbsp olive oil
- ◆ 1 1/2 Tbsp honey
- ◆ 1 clove of garlic minced
- ◆ salt & pepper
- ◆ 1/2 c cornmeal flour
- ◆ 1c. brown rice
- ◆ 500mL container of **CUBAN BLACK BEAN SOUP**
- ◆ roasted red peppers, cilantro and avocado to garnish

Serves 4



In a small bowl, combine the lime juice, lime zest, olive oil, honey, garlic and salt & pepper. Place the fish in a zip lock bag and pour the marinate over it. Let sit for 1/2 hour.

Put the rice in a colander and rinse well. Cook according to directions on the package.

Pour the unthawed 500mL of Cuban Black Bean in a microwave safe bowl. Heat for 3 mins.

While the soup is warming up, pat dry the fish using a paper towel. Season with salt & pepper. Lightly coat with cornmeal flour. Heat 2Tbsp of olive oil in a nonstick skillet until hot. Cook the fillets 3-5 minutes per side without moving them, this will insure even browning.

Once the rice is cooked, pour the hot soup into the rice and mix well.

Plate equal portions of the rice on 4 plates, top without slices of roasted red pepper, fillet of fish, a couple of slices of avocado and garnish with cilantro.

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