

Baked Haddock and Herb Cauli-rice

- 2 haddock fillets
- 2 teaspoons butter
- 1.5 cups cauli-rice
- 1/2 cup fresh coriander leaves
- 1/2 cup fresh basil leaves
- 1/2 cup dill
- 1 red bell pepper
- 1 lemon
- 1 teaspoon extra virgin olive oil
- Himalayan sea salt
- Pepper



1. Preheat oven to 350F (180C). Line a baking sheet with parchment paper, wash and dry fish fillets (I dab them dry with a napkin), salt and pepper the fillets on both sides and place on the lined sheet.
2. Cut the butter into thin stripes and place on top of the fillets. Once oven is hot, add the fish and bake for 12-15 minutes (depending on thickness).
3. While fish is baking, stir cauli-rice in a pan to soften, remove from heat, cover with lid and let stand for a few minutes.
4. In the meantime, wash and dry basil and coriander leaves and wash and deseed bell pepper. Chop herbs and bell pepper finely.
5. Remove lid/plate from cauli-rice, add 1 teaspoon olive oil and then add herbs, bell pepper, juice of half a lemon and season with salt and pepper if necessary.
6. Fish should be ready by now, serve over a bed of herb cauli-rice.

Serving Size = 1 cup of cauli-rice with 3 ounces of fish filet