

One Pot White Fish & Rice

8 ingredients · 20 minutes · 4 servings



Directions

1. In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
2. Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
3. Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture on top and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
4. Garnish with the remaining basil, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 to 2 cups.

More Flavor

Use olive tapenade or pesto instead of assorted olives.

Additional Toppings

Red pepper flakes and/or a drizzle of olive oil.

No Cod

Use haddock, tilapia, salmon, or shrimp.

No White Wine Vinegar

Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

Ingredients

- 1 1/2 cups Basmati Rice (rinsed)
- 2 cups Water
- 2 cups Cherry Tomatoes (chopped)
- 1 tbsp White Wine Vinegar
- 1 cup Basil Leaves (torn, divided)
- 1/2 cup Assorted Olives
- Sea Salt & Black Pepper (to taste)
- 2 Cod Fillet (cut into pieces)

Nutrition

Amount per serving

Calories	401	Calcium	71mg
Fat	3g	Iron	2mg
Saturated	1g	Vitamin D	42IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.1mg
Carbs	64g	Niacin	3mg
Fiber	3g	Vitamin B6	0.4mg
Sugar	2g	Folate	26µg
Protein	28g	Vitamin B12	1.1µg
Cholesterol	50mg	Phosphorous	259mg
Sodium	192mg	Magnesium	55mg
Potassium	686mg	Zinc	1mg

Cynthia Libert

<https://www.caringforthebody.org>



Vitamin A	1281IU	Selenium	38µg
Vitamin C	13mg		