

# Fish Pilaf

## Ingredients

Click the image below for a [video guide](#).



- 2 tbsp oil
- 4 skinless white fish fillets
- 2 tbsp coriander or you can use fresh if you have some available
  - Zest and juice 1 lemon
    - 1 onion, chopped
    - 2 tsp cumin
  - 2 large carrots, grated
    - 200g basmati rice
- 600ml vegetable stock

## Method

- 1.** Line the grill pan with double thickness foil and curl up the edges to catch the juices, then heat up to high.
- 2.** Brush lightly with oil and put the fish on top.
- 3.** Sprinkle over the coriander, lemon zest and juice and drizzle with a little more of the oil.
- 4.** Season with salt and pepper, then grill for 10 - 12 minutes until the fish flakes easily.
- 5.** Meanwhile, heat the remaining oil in a pan.
- 6.** Add the onion and cumin and fry for a few minutes.
- 7.** Add the carrots and stir well, then stir in the rice.
- 8.** Add the stock and bring to the boil.
- 9.** Cover and cook gently for about 10 minutes until the rice is tender and the stock absorbed.
- 10.** Spoon the rice onto 4 plates, top with the fish and pour over the pan juices.