



CookSmart

with Allyson Gofton

SEAFOOD FRIED RICE



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Such a great way to use up left-over steamed rice and for a nuttier texture, when you cook rice, try adding about 1/5 – 1/4 cup of long grain brown rice. Brown rice takes a little longer to cook, so give it a head start of about 10 minutes, then add in the white rice and you're away.

Ingredients:

4 frozen Dory fillets, defrosted
1 tblsp finely grated ginger
2 tsp minced garlic
2 spring onions, trimmed
250 grams Swiss brown mushrooms, sliced
400 gram bag stir fry vegetables
4 cups cooked rice
1 tsp minced chilli or sambal oelek
juice from 2 limes
2-3 tblsp chopped fresh coriander (optional)

Method:

1. Pat the fish fillets dry with a paper towel. Cook in a lightly greased non-stick pan for 3-4 minutes each side. Set aside and keep warm.
2. Heat a dash of oil in a wok and cook the ginger, garlic, spring onions and mushrooms for 2-3 minutes until soft. Add the stir fry vegetables and cook a further 2-3 minutes over a high heat so that the vegetables cook quickly and simply reheat. Add the rice and cook a further 2-3 minutes until piping hot. Add the chilli, lime juice and stir fry until heated through.
3. Flake the fish and gently toss through the rice with the coriander. Season as wished, try adding grated lime rind or chopped mint in place of salt.

Cook's Tip:

We used Singapore selection frozen vegetables for this recipe. Long grain rice makes the best stir fries. Rice is so easy to cook and you can even cook up a whole bagful and freeze the left over for dishes just like this. The freezer can help save so much time.

If you have a kaffir lime leaf, add that when cooking the garlic etc. It will add a wonderful flavour to the dish.



Serves: 4

Ready In: 20 minutes

Look out for tips and recipes using fruit and veg in store or visit www.livesmart.org.nz for more easy ways to eat smart, move smart and get trim



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