



Three Cheese Fish Baked Rice

Overview

Difficulty: Easy

Servings: 2

Preparation Time: 20 mins

Cooking Time: 20 mins

Ingredients

100ml Whipping Cream 35% Fat

1 Stalk Thyme

2 Eggs (Beaten)

20g Spring Onions

30g Celery

30g Garlic

30g Cheddar Cheese (Shredded)

40g Corn Kernels

50g Shallots

50g White Onions

60g Parmesan Cheese (Grated)

80g Carrots

80g Mozzarella Cheese (Shredded)

300g Cooked Jasmine White Rice (or leftover rice)

400g Fish (Deskinned)

2 Tablespoons White Wine (Optional)

4 Tablespoons Butter

A Pinch Salt

A Pinch White Pepper

1. Methods

Step 1

Peel and cut carrots and celery and chop spring onions into small pieces.



Step 2

Slice fish into chunks and season with salt and white pepper before setting them aside.



Step 3

Preheat oven to 200°C using the Top and Bottom Heat mode.



Step 4

Blend celery and carrots with a handblender.



Step 5

In another clean blender jar, blend onions, garlic and shallots.



Step 6

In a medium non-stick pan, melt butter and fry corn kernels and blended carrots and celery. Add in half of the blended garlic, onions and shallots.



Step 7

Once mixture is softened, add in beaten eggs and scramble to mix the ingredients well. Add in cooked white rice and stir-fry to coat rice with the beaten eggs.



Step 8

Add spring onions, salt and white pepper and mix well, before transferring into a baking dish. Place fish slices on top of the rice.



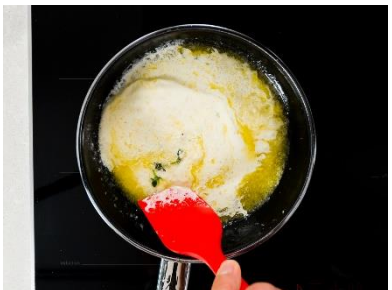
Step 9

In a small non-stick pan, melt butter and fry thyme and the remaining half of the blended garlic, onions and shallots.



Step 10

Add in white wine (optional) and whipping cream and cook for 6 minutes until cream thickens.



Step 11

Add cheddar and mozzarella cheese to the cream and stir well until they are melted and well-mixed.



Step 12

Drizzle the melted cheese over the fish slices and top it off with grated parmesan. Bake the dish in the oven for 8 minutes, until it turns brown.

