



Fresh Haddock with Tenderstem Broccoli & Samba Rice

This traditional Brazilian rice recipe gets its yellow colour from the turmeric. Accompanied with Irish haddock, tenderstem broccoli, cherry tomatoes and farofa means. This flavoursome dish captures the tastes of Brazil.

Ingredients

- Haddock Fillet
- Tenderstem Broccoli
- Ginger
- Cherry Tomatoes
- Basmati Rice
- Coconut Milk
- Turmeric
- Farofa

Your Pantry

- Olive Oil

Nutritional Info

Calories: 392 kcal
Carbohydrates: 43 g
Protein: 28 g
Fat: 11 g

Allergens

[Fish \(Haddock\)](#)


[Gluten \(Farofa\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Prepare the ginger**

Remove the skin from the ginger and slice it into very thin strips, then chop it finely.

2) **Boil the rice**

Add the ginger to a pot along with the basmati rice, turmeric, coconut milk and enough water to cover the rice by about half an inch. Leave on a medium simmer for 15-20 minutes until the liquid has reduced completely, add more boiling water if it dries out before the rice is cooked through.

3) **Cook the fish**

Add a little oil to a pan on a medium heat. Cook the haddock skin side down for 2-3 minutes, turn it and cook for another minute until cooked through. Set aside and keep warm.

4) **Fry the vegetables**

In the same pan, fry the broccoli and cherry tomatoes on a medium heat for 3-4 minutes.

5) **Plate the dish**

Add the rice to a warm plate and place the vegetables and haddock on top. Sprinkle some of the farofa over the fish. Leave some on the side.



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