

DINNER

FISH AND RICE BAKE



SHOPPING LIST:

- 4 frozen cod fillets
- 200g of long grain rice
- 250g of broccoli
- ½tsp Italian seasoning
- ¼tsp garlic powder
- 500ml of chicken stock
- Sprinkle of paprika

COSTING: *£1.02 per serving

NUTRITIONAL INFORMATION:

Calories: 179.5kcal |
Carbohydrates: 19g |
Protein: 18g | Fat: 2.1g |
Saturated Fat: 0.8g | Salt:
1g | Fibre: 7g | Sugar: 2.3g

Cod is a great source of protein and omega-3 fatty acid; essential for a child's developing brain, nervous system and vision. Rice provides a rich source of carbohydrates, the body's main fuel source, and is easily digestible. Broccoli is bursting with vitamins, minerals and fibre! With antioxidant and anti-inflammatory affects, it is an excellent source of iron, vitamins A and C as well as folic acid. This one dish bake is gluten and dairy free, but please check individual stock brands as these may differ.

| Preparation time: | Cook time: | Servings: |
|-------------------|------------|-----------|
| 10 mins | 35 mins | 4 |

DIRECTIONS:

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| 1. Pre heat oven to 180° | 2. Parboil rice for 5 minutes |
| | |
| 3. Mix the stock, Italian seasoning and garlic powder. Pour it over the rice and broccoli, placing cod and sprinkle of paprika on top | 4. Cover in tinfoil and bake at 180° for 20 minutes |
| | |
| 5. Bake at 180° for a further 15 minutes uncovered | 6. Serve and enjoy! |

*Average supermarket pricing as of March 2021

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