

Jamie Oliver



One-pan fabulous fish

WITH GREEN OLIVE TAPENADE & FRESH BASIL

SERVES: 4

COOKS IN: 15 MINUTES

DIFFICULTY: SUPER EASY

NUTRITION PER SERVING

Calories	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
484	12g	1.7g	3.8g	1.2g	31.2g	66.7g	2.7g
24%	17%	9%	4%	20%	62%	26%	-

OF AN ADULT'S REFERENCE INTAKE

Ingredients

300 g white basmati rice

6 heaped teaspoons green olive tapenade

350 g ripe mixed-colour cherry tomatoes

½ a bunch of fresh basil , (15g)

500 g white fish fillets , such as haddock, skin off, pin-boned, from sustainable sources

Method

1. In a large shallow casserole pan on a high heat, mix the rice with 2 heaped teaspoons of tapenade, then pour over 600ml of water.
2. Put the lid on and let it come to the boil while you halve the tomatoes and, in a bowl, mix them with 1 tablespoon each of olive oil and red wine vinegar.
3. Taste, season to perfection with sea salt and black pepper, and tear in most of the basil leaves.
4. Cut the fish into four equal-sized pieces and place in the pan, pushing them into the rice.
5. Scatter over the dressed tomatoes. Put the lid back on and boil for 10 minutes, or until the rice is cooked through, then remove the lid and cook for a further 2 minutes until all the liquid has evaporated.
6. Spoon the remaining tapenade over the fish, pick over the remaining basil leaves, drizzle lightly with extra virgin olive oil, and dish up.

Tips

EASY SWAPS

I'm using white fish, but of course you could make it with salmon or prawns.

Swap out the tapenade for chopped destoned olives, or you could try jarred pesto.

Use any fresh tomatoes you've got – just chop 'em up and get 'em in the mix.



RECIPE FROM

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BY JAMIE OLIVER