

# DINNERLY



## Low-Cal Spice-Rubbed Swai with Rice Pilaf & Fresh Tomato Salsa



30min



2 Servings

There's a lot more to Tex-mex than burritos and tacos. To prove it, we brought those classic flavors into this low-cal, low-fat masterpiece. We rub swai, a mild and flakey white fish, with taco seasoning, then pair it with fresh and zingy salsa and a pillowy bed of rice and peppers—what more could a cowboy ask for? We've got you covered!

## WHAT WE SEND

- 1 green bell pepper
- 5 oz jasmine rice
- 2 plum tomatoes
- 2 scallions
- 10 oz pkg swai<sup>1</sup>
- ¼ oz taco seasoning

## WHAT YOU NEED

- garlic
- olive oil
- red wine vinegar (or apple cider vinegar)
- kosher salt & ground pepper

## TOOLS

- small saucepan
- large nonstick skillet

## ALLERGENS

Fish (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 550kcal, Fat 16g, Carbs 70g, Protein 31g



### 1. Prep peppers & garlic

Finely chop **2 teaspoons garlic**. Halve **pepper** lengthwise, discard stem and seeds, and cut into thin strips.

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add peppers and **a pinch each of salt and pepper**. Cook, stirring occasionally, until slightly softened, 2–3 minutes.



### 2. Cook rice

Add **rice** and **chopped garlic**; cook, stirring, until rice is toasted, about 2 minutes. Stir in **¼ cups water** and **½ teaspoon salt**. Bring to a boil, then cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes.



### 3. Make salsa

Cut **tomatoes** into ¼-inch pieces. Trim ends from **scallions**, then thinly slice.

In a medium bowl, stir together **tomatoes**, **⅔ of the scallions**, **1 teaspoon vinegar**, and **a pinch each of salt and pepper**.



### 4. Cook fish & serve

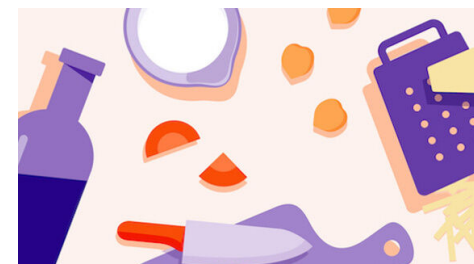
Pat **fish** dry, then season all over with **salt** and **taco seasoning**. Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add fish and cook until well browned and easily flakes, about 3 minutes per side.

Serve **spice-rubbed swai** with **rice pilaf** and **salsa**. Garnish with **remaining scallions**. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!