






More than Food

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## Saffron-Poached Basa

with Basmati Rice, Caramelized Onion, and Sweet Bell Pepper

We're infusing saffron, one of the world's most precious spices, into this delicate, flaky basa for the ultimate delicacy. Spooning the saffron broth over a finished plate perfumes the entire dish with its intoxicating aroma.



45 min



level 1



make me first



nut free



gluten free



Basa Fillets



Saffron Threads



Basmati Rice



Peas



Red Bell Pepper



Yellow Onion



Garlic



Parsley



Vegetable Stock Concentrates

## Ingredients

	2 People	4 People
Basa Fillets	1)	2
Saffron Threads	¼ t	½ t
Basmati Rice	¾ C	1 ½ C
Peas	4 oz	8 oz
Red Bell Pepper	1	2
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Parsley	¼ oz	½ oz
Vegetable Stock Concentrates	2	4
Butter*	2 T	4T
Oil*	1 T	2 t

\*Not Included

## Allergens

1) Fish

2) Milk

## Tools

Small Pot, Large Pan

Ruler

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**Nutrition per person** Calories: 711 cal | Carbs: 84 g | Fat: 25 g | Protein: 38 g | Fiber: 9 g | Sodium: 597 mg

Make sure to wash and dry produce before prepping or cooking!

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**1 Cook the rice:** In a small pot, bring **1 ½ cups water** and a pinch of **salt** to a boil. Once boiling, add the **rice**, cover, and reduce to a simmer for 15-20 minutes, until tender.

**2 Prep the vegetables:** While the **rice** cooks, thinly slice the **garlic**. Halve, peel, and thinly slice the **onion**. Finely chop the **parsley**, reserving a few leaves for garnish. Core, seed, and remove the white ribs from the **red bell pepper**. Finely dice **half the red bell pepper**; thinly slice the remaining **half red bell pepper**.

4



**3** With 5 minutes left on the **rice**, stir the **peas** and **diced red bell pepper** into the **rice** and continue cooking until tender. Keep covered until the rest of the meal is ready.

**4** Heat **1 Tablespoon oil** in a large pan over medium heat. Add the **onion, garlic, and sliced red bell pepper** to the pan and cook, tossing, for 10-12 minutes, until the onions begin to caramelize.

6



**5 Make the saffron broth:** Add **3 cups water**, the **saffron**, and the **stock concentrates** to the pan and stir to combine. Bring to a boil, then reduce to a simmer. Season with **salt** and **pepper**.

**6 Poach the basa:** Add the **basa fillets** to the simmering **saffron broth** and poach for 3-5 minutes, until flaky and opaque in the middle. Set the fillets aside, season with **salt** and **pepper**, and cover to keep warm.

**HINT:** You may need to flip the fillets over halfway through cooking if they aren't fully submerged.

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**7** Add the **chopped parsley** and the **butter** to the **saffron broth** and stir to combine.

**8** Serve the **basa** on a bed of **rice**, then top with the **simmered vegetables** and **saffron broth**. Garnish with the **reserved parsley leaves** and enjoy!