

# Fish

Alaska pollock and vegetables Preparing: 15 Minutes

## Ingredients

250 g Frozen Alaska pollock fillet  
50 g Frozen mixed vegetables  
20 g Mustard  
Paprika powder sufficient  
50 g Rice

## Preparation

Start cooking rice:

Place 50 g rice in a small pot.

Add 110 ml water. Cover with a lid.

Start heat at “high”. As soon it is boiling, reduce heat to “middle”.



The rice is ready as soon free water has disappeared.



## Preparing the fish

Place the frozen fish fillets in a pan.  
Top it with frozen mixed vegetables.  
Add the mustard and paprika powder on top.

Add 50 ml water. Cover with a lid.  
Start heat at “high”. As soon it is boiling, reduce heat to “middle”. Add small amounts of water water if necessary.

It will be ready to serve together with the rice.



**Remember:** Add no fat, oil, margarine or sauces. Fat and oil cracks your calorie counter.

You may take any fish for this recipe. Be aware that some sorts will take less time to cook. In this case I start cooking the vegetables first and add the fish a bit later.