Posted on 14 January 2015

by DinnerTime

Saffron Fish



Ingredients

Rice (H), 4 servings
600 grams White Fish Fillet, divided into 4 portion sizes
1/2 teaspoon Salt (H)
1 1/2 deciliter (188 ml)Yogurt
1 tablespoon Flour (H)
2 deciliter (250 ml) Coconut Milk
1 cube Fish Stock
1 package Saffron Threads
1 teaspoon Sambal Oelek or Chili Sauce (H) or to taste
300 grams Broccoli, cut into florets
1 deciliter = 100 milliliter = little less than half a cup (125 ml)

Preparation

1. 1. Start boiling 4 servings of rice according to package instructions.
2. 2. Divide the fish into 4 portions and season with salt.
3. 3. Mix the yogurt, flour, coconut milk, stock cube, saffron and Sambal Oelek (or chili sauce) to taste, in a low, wide pot.
4. 4. Bring to a boil and add the fish.
5. 5. Cover and simmer on low heat for 6-7 minutes.
6. 6. Meanwhile boil the broccoli florets in slightly salted water for about 5 minutes, until tender.
7. 7. Serve the fish with rice and broccoli florets.

Cooks Note

Your DinnerTime box this week is worth its weight in gold. Or at least, the little package of saffron in it sure is! These delicate strands will infuse your home with their heady smell, and impart the most wondrous color to this dish.

Total Time: 30 minutes