



aprons

# Pan-Roasted Fish with Rice and Cilantro-Edamame Pesto



## INGREDIENTS

- 2 limes, for juice
- 1 bunch fresh cilantro
- 4 cloves fresh garlic
- 1 (10-oz) package fresh shelled edamame, divided
- 3 tablespoons olive oil, divided
- 1/4 teaspoon crushed red pepper
- 4 firm white fish fillets (such as halibut, bass, or snapper), 21–24 oz
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper
- 1/2 teaspoon ground coriander
- 2 (8.5-oz) pouches quinoa and brown rice blend
- 4 cups baby spinach
- 1 cup no-salt-added chicken stock (or broth)

## STEPS

1. Squeeze limes for juice (2 tablespoons). Remove cilantro leaves from stems (1 cup). Place cilantro, garlic, lime juice, 1/4 cup edamame, 2 tablespoons oil, and red pepper into food processor bowl; process until smooth (may need 2 tablespoons water), then set pesto aside.
2. Preheat large, nonstick sauté pan on medium-high 2–3 minutes. Season fish with salt, pepper, and coriander (wash hands). Place remaining 1 tablespoon oil in pan, then add fish; cook 3–4 minutes on each side or until golden and 145°F. Remove from pan and cover to keep warm.
3. Add remaining edamame, spinach, stock, and 1/2 cup pesto to same pan; cook and stir 2–3 minutes or until spinach wilts and edamame is hot. Microwave rice following package instructions.
4. Place rice in dish; top with edamame-spinach mixture, fish, and a dollop of pesto. Serve.

## NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 590kcal; FAT 19.00g; SAT FAT 2.50g; TRANS FAT 0.00g; CHOL 100mg; SODIUM 720mg; CARB 46g; FIBER 8.00g; SUGARS 2g; PROTEIN 52g; CALC 10%; VIT A 0%; VIT C 0%; IRON 30%

<http://www.budgetbytes.com/recipes/panning-aprons-recipe/pan-roasted-fish-with-rice-and-cilantro-edamame-pesto-recipe/>

