

MEDITERRANEAN SPICED FISH, ORZO, CHILI MARINATED FETA



INGREDIENTS

- 3 tbsp olive oil
- 1 Spanish onion, diced
- 1 red capsicum diced
- 2 clove garlic, sliced
- Salt, pepper
- 1 tbsp smokey paprika + ½ tsp
- 400g tin crushed tomatoes
- 1 ½ cups dried orzo
- 1l vegetable stock
- ½ cup pitted kalamata olives
- 400g tin cooked chickpeas, drained, rinsed
- 500g firm whitefish fillet, skin off
- 1 Tub @yarravalleydairy chili feta
- Handful parsley leaves
- 1 Lemon, cut into wedges

METHOD

1. Place a large frying pan over a medium/high heat and add 2 tbsp of olive oil, the onion, capsicum, and garlic with a pinch of salt. Cook for 2-3 minutes, stirring often then add 1 tbsp paprika and cook for another 30 seconds.
2. Add the tomato and orzo and cook stirring for 1 minute then add the stock and bring to a simmer stirring often to stop it sticking to the bottom of the pan. Adjust the seasoning to taste and simmer for 10 minutes to cook the orzo and thicken the sauce.
3. Stir through the olives and chickpeas and turn the heat to low.
4. Season the fish with salt, pepper, remaining ½ tsp paprika and 1 tbsp of olive oil.
5. Lay the fish into the orzo, nestling it in, then cover the pan and simmer for 12-15 minutes, until the fish just turns opaque and just gives away.
6. Crumble over the feta, spoon over some chili oil and scatter with the parsley leaves. Serve with the lemon wedges.



yarra valley cheese

The way cheese should be.