

INGREDIENTS: SERVES 2

160 – 200g Susana & Daughters Organic Black Rice
(see cooking instructions below)

2 dessertspoons of Susana & Daughters Olive Oil

Salt & freshly ground black pepper

2 fillets of fresh cod (with our without skin your choice)

125g Chorizo, diced

2 medium sized fresh tomatoes, diced

25g fresh brown breadcrumbs

Kale leaves, strip the leaves off the fibrous centre vein then wash and roughly chop the leaves

METHOD

- Put the rice on to cook (see note below on cooking)
- Whilst the rice is cooking prepare the crust for the cod by mixing together the chorizo, tomatoes, breadcrumbs and oil. Season lightly as the chorizo has punch.
- Rub a small roasting tin with olive oil and place in the cod skin side down. Sprinkle over the tomato & chorizo crust. Chill until ready to cook.
- When the rice has 20 minutes left on the cooking time put the cod into the oven preheated to 170 0°C fan.
- Five minutes before the rice has finished cooking lay the kale leaves on top to gently steam.
- When ready to serve, remove the kale leaves with tongs and put next to the fish. Stir a dessertspoon of oil through the rice and divide between 2 warm plates. Top the rice with kale and then the fish. Spoon the juices from the pan over the fish and serve.

COOKING OUR BLACK RICE

Black rice is a whole grain rice so it takes longer to cook than white rice. The rule here is twice the amount of water to rice. We suggest a portion size per person of 80 – 100g raw weight but it really depends how hungry or active you are! Soaking the rice first will shorten the cooking time to 25 minutes but if you don't have time or forget allow 45 minutes for well cooked or 35 for al dente. Either way cook in the soaking water as the dark colour that develops is packed with nutrients so just let it absorb during cooking. To cook, put the pan with the rice and water over the heat, Bring the rice to the boil and then reduce the heat to the lowest setting. Check the rice from time to time to see if you need to top up the water. The idea here is that all the water will be absorbed by the end of the cooking time retaining the nutrients.



Recipe card created by Shirlee @eatsurrey