

# THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

## Recipe

### FILET OF HERBED & BREADED FISH WITH WILD RICE

**This is a quick and easy go-to dish that's really versatile - you can use your favorite firm fish and any rice or rice medley you like. Not to mention it's really delicious - you'll love having this in your collection of recipes. The secret is the breadcrumbs; they add a great crunch and really help to keep the fish moist.**

#### INGREDIENTS

Serves 2

- 2 filets (about 4-6 oz per person) of wild salmon, tilapia, or catfish (or any firm fish)
- 4-5 slices of gluten-free bread
- 1 sprig of parsley, thyme, oregano, and lemon verbena (or any combination of fresh herbs you prefer), finely chopped (about ¼ cup total) OR 2 tbs dry Italian herbs or Herbs de Provence
- 1 medium garlic clove - finely chopped
- 1 cup of wild rice or rice medley
- 2 slices of lemon for garnish

#### INSTRUCTIONS

Pre-heat oven to 350 degrees

**The breadcrumbs:**

- Tear the slices of bread in to random pieces and spread on a baking tray. Bake for 8-10 minutes or until golden and very crispy
- Place in a food processor or blender and pulverize into fine crumbs

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#### INSTRUCTIONS cont.

##### The fish and rice:

- Mix the finely chopped herbs and garlic together, then add to the breadcrumbs and mix
- Season and coat the filets with the breadcrumb and herb mixture. Place on a lightly sprayed or parchment paper covered baking tray
- Bake for 8-12 minutes (depending on the thickness of the filet), or until the center is firm to the touch but still has a bit of give
- Cook the rice according to package directions, then drain and season. For richer flavor, add a pat of butter (optional)
- Add rice to each plate and top with a filet. Garnish with a sprig of parsley and a slice of lemon

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#### NUTRITION FACTS

| <b>Nutrition Facts</b>                          |          |
|---|----------|
| Filet of Herbed and Breaded Fish with Wild Rice |          |
| Serving size: 1 portion                         |          |
| Amount Per Serving                              |          |
| <b>Calories</b>                                 | 443.3    |
| <b>Total Fat</b>                                | 12.8 g   |
| Saturated Fat                                   | 2.1 g    |
| Polyunsaturated Fat                             | 4.3 g    |
| Monounsaturated Fat                             | 5.4 g    |
| <b>Cholesterol</b>                              | 54.0 mg  |
| <b>Sodium</b>                                   | 195.6 mg |
| <b>Potassium</b>                                | 350.2 mg |
| <b>Total Carbohydrate</b>                       | 55.0 g   |
| Dietary Fiber                                   | 5.9 g    |
| Sugars  | 3.1 g    |
| <b>Protein</b>                                  | 27.3 g   |