



Lemon Pepper Fish with Rice Recipe





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Recipe Items:	1 Portion	5 Portions
PE Brown Rice (PE#21765)	#12 Scoop (80 gm)	400 gm (14.1 oz)
PE Fish (PE#21736)	#12 Scoop (80 gm)	400 gm (14.1 oz)
Lemon Sauce	1 Tbsp (15 ml)	75 ml (2.6 fl oz)
Lemon Pepper	1 Dash	5 Dashes

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate #12 Scoop (80 gm) scoop of brown rice. With the back of the scoop, create a small depression or divot in the centre of the brown rice (base).



3. Place #12 Scoop (80 gm) scoop of fish mousse on top of the brown rice. Using the back of the scoop evenly spread the fish mousse.

If cold plating, make sure to spread out so the plate cover can fit tight.



4. Finish the dish by topping evenly with 1 Tbsp (15 ml) lemon sauce and sprinkling lightly with lemon pepper mix.



Garnish with green coloured vegetables (as desired).

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F

Options: Add vegetables or other sides as desired to create different variations. For additional flavours and variety, add ground herbs and other smooth condiments.

Nutrition Facts	
Valeur nutritive	
Per 1 plate (173g) / par 1 plate (173g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 180	
Fat / Lipides 5g	8%
Saturated / satures 1g	
+ Trans / trans 0g	4%
Cholesterol / Cholesterol 20mg	
Sodium / Sodium 400mg	17%
Carbohydrate / Glucides 23g	8%
Fibre / Fibres 2g	7%
Sugars / Sucres 4g	
Protein / Proteines 14g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	4%
Iron / Fer	10%

