

IRAQI SEVEN SPICED FISH OVER TOMATO RICE

Traditional 7 spiced fish filets over tomato rice is a flavorful and simple Iraqi dish.

ONE PORTION PROVIDES: 2 MMA AND 1 OZ GRAIN



INGREDIENTS	50 SERVINGS	DIRECTIONS
Acadian Redfish, Gulf of Maine, raw filet	9 pounds	1. Preheat oven to 375 degrees.
Curry Powder	2 tablespoons	2. In a bowl add curry powder, seven spice, black pepper, paprika and salt. Stir well to combine. Add oil and mix well. Rub mixture on fish to evenly distribute. Note: while rubbing fish, make sure to rub up the middle to check for any possible bones.
Seven Spice	2 tablespoons	3. Evenly space and place fish in parchment lined sheet pan. Top with lemon slices.
Black pepper, ground	1 tablespoon	4. Bake at 400 for 15 minutes or until internal temperature reaches 145 degrees. Remove from oven and serve immediately.
Paprika, smoked	2 tablespoons	
Oil, Olive	¾ cup	
Salt, kosher	2 tablespoons	
Lemons, fresh, sliced into 1/8 th inch rounds	5 each	
Tomato Rice	3.75 pounds	
Jasmine Rice		
Tomato paste	½ cup	

Oil, Olive	6 tablespoons	5. For Tomato Rice: Preheat oven to 350 degrees.
Seven Spice	2 tablespoons	6. Add rice to a 4 inch deep full sized steam table pan.
Water	3 quarts	7. In a large measuring cup or bowl, whisk together water, salt, seven spice, oil and tomato paste until well mixed.
Salt, kosher	2 tablespoons	8. Add liquid over rice. Stir gently to combine.
		9. Cover tightly and bake for 35-45 minutes.
		10. Remove from oven once rice is cooked and liquid is fully absorbed. <i>CCP: Hold hot for service, above 135 degrees.</i>
		11. Serve ½ cup of rice with one filet of spiced fish and a lemon slice.

NUTRITION INFORMATION					
1 serving					
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	358	Kcal	Total Carbohydrate	25.1	(g)
Total Fat	12.4	(g)	Dietary Fiber	1.7	(g)
Saturated Fat	2.4	(g)	Total Sugars	0.5	(g)
Cholesterol	82	(mg)	Vitamin D	1	(mcg)
Sodium	510	(mg)	Calcium	68	(mg)
Protein	36.7	(g)	Iron	2	(mg)

NOTES
Best fish to use: Acadian Redfish or Salmon
YIELD/VOLUME
SOURCE
HUDA ABDULMAJED