

Lemon Fish with Brown Rice

RELIEF FROM DIARRHEA

5 Min. Prep | 20 Min. Cook
Makes 1 Serving

Ingredients

- 1/4 cup instant brown rice
- 1/4 cup water
- 2 tsp. olive oil
- 7 ounces cod
- 4 olives, pitted and sliced
- 1/2 tsp. dried thyme
- 1/2 Tbsp. lemon juice

Directions

1. Bring water and rice to a boil in pot on the stove. Cover and simmer 10 minutes or until water is absorbed.
2. Meanwhile, heat olive oil in a skillet over medium heat. Add cod and cook for 3-4 minutes until browned on bottom. Flip and add olive oil and thyme. Continue cooking until cod is cooked through.
3. Squeeze lemon juice over cod.
4. Serve with rice.

Notes

Enjoy as a side dish to a dinner entrée or as a stand alone lunch.

Nutrition Info

352 calories, 33g protein, 13g total fat, 2g saturated fat, 733mg sodium, 26g carbs, 2g fiber, 0g added sugars

