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Fragrant Fish Soup

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Ingredients

- ◆ 1 cup(s) rice, jasmine
- ◆ 2 cup(s) water
- ◆ 1 large lemon, zest and juice of
- ◆ 4 cup(s) broth, reduced-sodium chicken, or vegetable broth
- ◆ 1 pounds fish, tilapia, or other firm white fish, fillets
- ◆ 4 cup(s) lettuce, arugula, or watercress, bite-size pieces; (about 1 bunch), tough stems removed
- ◆ 1 cup(s) carrot(s), finely shredded
- ◆ 1/4 cup(s) mint, fresh, very thinly sliced
- ◆ 2 whole scallion(s) (green onions), finely chopped



Preparation

1. Combine rice and water in a medium saucepan. Bring to a simmer over medium heat; cover and cook until the water is absorbed, about 20 minutes. Stir in lemon zest and juice.
2. Meanwhile, bring broth to a simmer in another medium saucepan over medium-high heat.
3. Reduce the heat so the broth remains steaming, but not simmering. Add fish and cook until just tender, about 5 minutes. Remove and break into bite-size chunks.
4. Divide the lemony rice among 4 bowls. Top with equal portions of the fish, arugula (or watercress), carrot, mint and scallions. Ladle 1 cup of the warm broth into each bowl and serve.