



Recipes by Peter

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Recipe for Blackened Fish, with Rice-a-Roni Rice Pilaf and Broccoli!

Servings 2-3

Equipment Needed:

Ninja Speedi or similar appliance.

Ingredients:

2 TBS of Butter

One box of Rice-a-Roni (Rice Pilaf flavor)

1 Pound Broccoli Florets

2 Cups of Water

Three pieces of Tilapia Filets - Frozen

Canola Oil for brushing on fish filets.

Kinders Blackened Seasoning (or Blackened seasoning brand of your choice.)

One lemon for squeezing the juice over the finished product.

Italian parsley and lemon slices for garnishing,



Preparing the Ninja Speedi

Set the Ninja Speedi to the Sear and Saute function. Place the two TBS of butter in the cooking pot and let the butter melt.

Once the butter has melted sauté the Rice a Roni rice and pasta for about two minutes, until the rice and pasta are toasted.

Once the rice and pasta are toasted add the seasoning packet from the Rice-a-Roni box and the broccoli florets into the pot. Add the two cups of water and stir to combine. Turn the Ninja Speedi off.

Now, turn the Ninja Speedi back on and set the Ninja Speedi to the Steam and Crisp function. Set the temperature to 360 degrees and the timer for 15 minutes. Press start.

Set the upper tray into the Ninja Speedi and spray the tray with a bit of non-stick spray.

Brush the frozen fish with a bit of cooking oil (I use canola or olive oil) and liberally sprinkle the fish on both sides with the Kinders Blackened Seasoning mix.

Place the seasoned fish onto the cooking tray and close the lid.

Once the Ninja Speedi comes up to temperature the timer count down will start. Let the fish cook for about 8-10 minutes. At about 8 minutes using a quick read thermometer check the temperature of the fish. The fish needs to be cooked to an interior temperature of 145 degrees, so it's a good idea to remove the fish from the Ninja Speedi at about 140-142 degrees to avoid over cooking.

Once the fish has cooked to temperature remove the fish to a plate and cover with foil to keep warm. The fish will continue to cook to bring the temperature up to 145 degrees.

Close the lid and continue to cook the Rice a Roni and broccoli for the rest of the preset time, leaving the upper cooking tray in place in the Ninja Speedi.

Once the timer is up you can remove the rice and broccoli from the cooking pot to waiting plates, and add the fish filets.

Squeeze lemon juice over the fish, rice, and broccoli.

Garnish with Italian parsley and lemon slices.

Add a bit of salt and pepper and ENJOY!!!