

A white ceramic bowl filled with a mixture of white rice, flaky white fish, and finely grated orange carrots. The bowl is set against a blurred background of a kitchen counter.

# Flaky White Fish with Carrot Rice

Printable recipe guide

Ingredients and step-by-step preparation in one easy guide

## INGREDIENTS

- 200 g white fish fillet (such as cod or haddock)
- 1 cup white rice
- 1 cup grated carrots
- 2 cups water
- 1 tablespoon olive oil

## STEP-BY-STEP PREPARATION

- 1 In a pot, bring 2 cups of water to a boil.
- 2 Add the white rice, reduce heat to low, cover, and simmer for about 15 minutes or until rice is tender.
- 3 While the rice is cooking, steam the grated carrots until tender, about 5-7 minutes.
- 4 In a separate pan, cook the white fish fillet over medium heat in a small amount of olive oil until it flakes easily with a fork, about 8-10 minutes.
- 5 Once the fish is cooked, break it into small, manageable pieces.
- 6 Combine the cooked rice, steamed carrots, and fish together in a bowl, mixing gently.

## NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: No supplement recommendation is provided.. Ask your veterinarian to select any products and exact amounts.

## SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.