



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: DESICCATED COCONUT

Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



1. COCONUT FISH CAKES

WITH RICE PAPER PUFFS

 40 Minutes

 2 Servings

Coconut and ginger fish cakes with a lime dipping sauce, charred asian greens and crispy rice paper puffs.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
32g	17g	34g

FROM YOUR BOX

CARROT	1
CHERRY TOMATOES	1/2 bag (100g) *
SPRING ONION	1 *
SNOW PEA SPROUTS	1/3 punnet *
ASIAN GREENS	2 bulbs
LIME	1
GINGER	30g *
WHITE FISH FILLETS	1 packet
DESICCATED COCONUT	1 packet (30g)
RICE PAPER ROUNDS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), soy sauce (or tamari), sugar (of choice), apple cider (or rice wine) vinegar

KEY UTENSILS

small food processor, 2 frypans

NOTES

You can use sesame oil or a neutral flavoured oil for the dressing.

Coat the fish fillets with the coconut instead of making the cakes if preferred. Add the ginger to the dressing.

No fish option - white fish fillets are replaced with chicken mince.



1. PREPARE THE VEGETABLES

Julienne or ribbon the carrot. Quarter tomatoes. Slice spring onion and halve snow pea sprouts. Toss together.

Halve asian greens lengthways. Set aside.



2. MAKE THE DRESSING

Combine 1/2 lime zest and juice (wedge remaining) with **1 tsp sugar**, **1 tbsp vinegar**, **1 tbsp soy sauce** and **1/2 tbsp oil** (see notes).



3. MAKE THE FISH CAKES

Peel and grate ginger to yield 1/2 tbsp. Roughly chop fish fillets. Blend together with coconut in a small food processor along with **1/2 tbsp soy sauce**. Use oiled hands to shape mixture into 6 cakes (see notes).



4. CRISP THE RICE PAPER ROUNDS

Cover base of frypan, big enough to fit the rice paper rounds, with **oil** over medium-high heat. When oil is hot, place sheet in pan (1 at a time) for 2 seconds until puffed up. Remove with tongs to a sheet of paper towel. Repeat with remaining papers (use to taste).



5. COOK THE FISH CAKES & GREENS

Heat a second frypan over medium-high heat with **oil**. Add asian greens to cook for 2-3 minutes each side until charred. Remove and set aside. Cook fish cakes for 3-4 minutes each side until golden and cooked through.



6. FINISH AND PLATE

Place a rice paper puff on each plate. Toss 1/2 the dressing through salad. Divide over plates with asian greens and fish cakes. Serve with extra rice paper puffs, remaining dressing and lime wedges on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

