



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red chilli

Chillies are rich in vitamin C, and they boost your metabolism; this is why you feel warm when you eat them.



A2 Sesame Soy Fish with Kaffir Lime Leaves

Oven-baked fish fillets flavoured with kaffir lime leaves, soy sauce and sesame, served with rice, garlic stir-fried veggies and garnished with red chilli to taste.

 25 minutes

 2 servings

 Fish

27 May 2022

Make fried rice

Thinly slice spring onions and Asian greens, cook in frypan then stir in cooked rice (add any other veggies of choice like corn, capsicum or carrot) and flavour with soy and sweet chilli sauce. Serve with fish.

FROM YOUR BOX

BASMATI RICE	150g
WHITE FISH FILLETS	1 packet
KAFFIR LIME LEAF	1
ASIAN GREENS	2 bulbs
SPRING ONIONS	4
GARLIC CLOVE	1
RED CHILLI	1

FROM YOUR PANTRY

sesame oil (or other), pepper, white (or rice) wine vinegar, maple syrup, soy sauce

KEY UTENSILS

saucepan, oven dish, large frypan

NOTES

You can use honey instead of maple syrup if preferred.

Rinse fish before cooking. Use a smaller oven dish so that the fillets are almost submerged in the sauce; this will help keep the fish moist.



1. COOK THE RICE

Set oven to 200°C.

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SAUCE

Combine **2 tbsp soy sauce**, **3 tsp vinegar**, **1 tsp maple syrup**, **2 tsp oil** and **1 tbsp water** in a bowl (see notes).



3. BAKE THE FISH

Place fish in a small lined oven dish (see notes). Pour over sauce. Thinly slice kaffir lime leaf and scatter over the top.

Cover with foil/baking paper (optional) and bake for 10-15 minutes or until cooked through.



4. STIR-FRY THE VEG

Trim and slice Asian greens and spring onions (reserve some green tops for garnish). Heat frypan with **oil** over high heat. Add vegetables with crushed garlic clove. Cook for 3-4 minutes or until softened to your liking. Season to taste with **soy sauce** and **pepper**.



5. PREPARE THE GARNISH

Thinly slice remaining spring onion tops and red chilli (deseed if desired).



6. FINISH AND SERVE

Serve baked fish with rice and stir-fried veggies. Spoon over pan sauces and garnish with spring onion and red chilli to taste.

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