



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Coriander


Did you know that some people think coriander tastes like soap? Some researchers theorise that it has to do with genetics. What we do know for sure, though, is that the entire Dinner Twist team loves this fragrant herb.



1 Brazilian Fish Stew with Mixed Rice

This Brazilian-style fish stew is wholesome, warming, and a great way for the whole family to enjoy a little fish!

 30 minutes

 4 servings

 Fish

10 August 2020

Keep it whole

Instead of dicing the fish, you can keep it whole and pan-fry on the side in a little oil/butter.

FROM YOUR BOX

MIXED RICE	300g
RED ONION	1
RED CAPSICUM	1
TOMATOES	2
COCONUT MILK	400ml
BROCCOLI	1
WHITE FISH FILLETS	2 packets
LIME	1
CORIANDER	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil (for cooking, see notes), salt, pepper, ground paprika, 1 stock cube (we used vegetable)

KEY UTENSILS

large frypan, saucepan

NOTES

We used coconut oil for cooking but any other neutral oil would work fine too!

Other suitable spices to add include ground chilli, coriander, cumin, or cayenne.

No fish option - white fish fillets are replaced with diced chicken breast fillet. Add to pan with vegetables at step 2.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a large frypan with oil over medium heat. Slice and add red onion, sauté until softened. Dice capsicum and tomatoes, add along with **2 tsp paprika and stock cube** (see notes). Cook for a further 2 minutes.



3. SIMMER THE SAUCE

Pour in coconut milk and **1 tin water**. Increase heat to medium-high. Simmer for 5 minutes.



4. ADD BROCCOLI AND FISH

Cut broccoli into small florets and fish into bite-sized pieces. Add to stew, cover, and simmer for 3–5 minutes or until fish is cooked through.



5. SEASON THE STEW

Grate lime zest and add to stew with lime juice to taste (we used zest from 1 and juice from 1/2 lime). Season with **salt and pepper**.

Roughly chop coriander.



6. FINISH AND PLATE

Serve fish stew over rice, topped with coriander and any remaining lime cut into wedges.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

