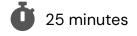






# Satay Baked Fish

White fish fillets baked in a creamy peanut satay sauce, served with basmati rice, rainbow stir-fry veggies and lime.





2 servings

# Switch it up!

Stir the coconut milk through the cooked rice to make coconut rice. Cut the fish into bite size pieces and cook with the vegetables, soy sauce and sweet chilli to make a fish stir-fry.

#### FROM YOUR BOX

BASMATI RICE	150g
COCONUT MILK	165ml
PEANUT BUTTER	2 tubs
LIME	1
WHITE FISH FILLETS	1 packet
WHITE FISH FILLETS ASIAN GREENS	1 packet 2 bulbs
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ASIAN GREENS	2 bulbs

#### FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, sweet chilli sauce

#### **KEY UTENSILS**

oven dish, frypan, saucepan with lid

#### **NOTES**

Add 1-2 tbsp extra water to the satay sauce to loosen if necessary.

Thinly slicing the carrot will reduce the cook time in the pan. You could also ribbon them with a vegetable peeler.

You can add extra flavour to the stir-fry vegetables by cooking them in sesame oil or adding crushed garlic.





#### 1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



# 2. MAKE THE SATAY SAUCE

Whisk together coconut milk, peanut butter, zest and juice from 1/2 lime (wedge remaining), 1 tbsp water, 1 tbsp sweet chilli sauce and 1 1/2 tbsp soy sauce until well combined (see notes).



### 3. BAKE THE FISH

Rinse and place **fish fillets** in an oven dish and pour over **satay sauce**. Bake in oven for 10–15 minutes or until cooked through.



# 4. STIR FRY THE VEGGIES

Slice **Asian greens** and **capsicum**, **and** thinly slice **carrot** (see notes).

Heat a large frypan over medium-high heat with **oil**. Add vegetables and cook for 5 minutes or until tender. Season with **soy sauce** and **pepper** to taste.



# 5. FINISH AND SERVE

Serve satay fish with rice, stir-fry vegetables and lime wedges.

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