



Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries and baked goods. Toast in a dry frypan to bring out their subtle nutty flavour.



Sesame Crusted Fish with Sticky Rice

Fish fillets coated in mixed sesame seeds and cooked to golden perfection, served over sticky sushi rice with a fresh veggie lime salsa.



25 minutes



2 servings



Fish

Remove the spice!

You can use sesame oil and some honey in the dressing instead of sweet chilli sauce if you prefer less spice!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	9g	67g

FROM YOUR BOX

SUSHI RICE	150g
LIME	1
GARLIC CLOVE	1
WHITE FISH FILLETS	1 packet
MIXED SESAME SEEDS	1 packet
RED CAPSICUM	1
SNOW PEAS	150g
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Want to warm up the dish? Stir fry the veggies in a pan for 2-4 minutes with the dressing.

You can use sesame oil or coconut oil for extra fragrance. Keep the bean shoots fresh if preferred.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



2. PREPARE THE DRESSING

Add zest and juice from **1/2 lime** (wedge remaining), crushed **garlic**, **2 tbsp sweet chilli sauce**, **1 tbsp soy sauce** and **2 tbsp water** to a large bowl. Mix to combine.



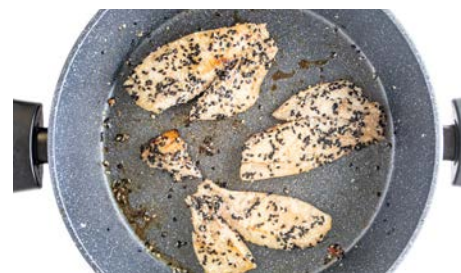
3. PREPARE THE FISH

Coat **fish** with **1/2 tbsp soy sauce**. Press into **sesame seeds** until coated on both sides. Set aside.



4. MAKE THE SALSA

Slice **capsicum** and trim and slice **snow peas**. Add to bowl with half of the dressing (see notes) along with **bean shoots**. Toss to combine.



5. COOK THE FISH

Heat a frypan over medium-high heat with **oil** (see notes). Cook **fish** for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide **rice** among bowls. Top with **fish** and **salsa**, and serve with a **lime wedge** and remaining dressing.



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