



### Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries, and baked goods, and they're high in copper, manganese and calcium. 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
	32g	17g	54g

## 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 **300ml 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.



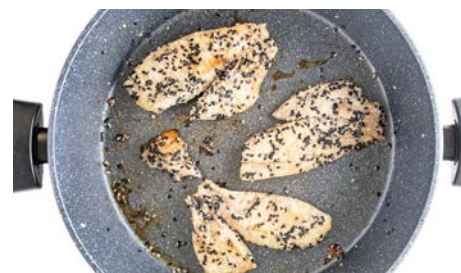
### 3. PREPARE THE FISH

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 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**.

**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**

