



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 Sweet Chilli Lime Dressing

Fish fillets coated in sesame seeds and cooked in the pan until golden, served on top of sticky rice with stir-fried vegetables and finished with a sweet chilli lime dressing.



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
	36g	8g	84g

FROM YOUR BOX

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

FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

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

Combine zest and juice from 1/2 lime (wedge remaining) with **2 tbsp sweet chilli sauce**, **1 tbsp soy sauce** and **2 tbsp water**. Set aside.



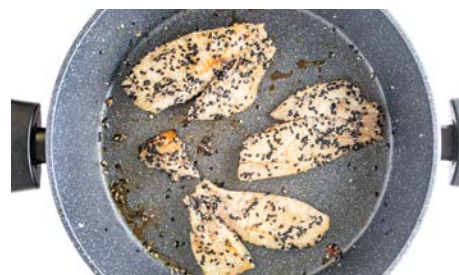
3. PREPARE THE FISH

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



4. STIR-FRY THE VEGETABLES

Slice capsicum. Trim snow peas. Heat a frypan over medium-high heat with **oil** (see notes). Add vegetables along with crushed garlic. Cook for 2-3 minutes until just tender. Stir through bean shoots to taste until wilted. Remove from pan.



5. COOK THE FISH

Add **oil** to pan. Cook fish for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Serve fish on rice along with stir-fried vegetables and a lime wedge. Spoon over dressing to taste.

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