




Product Spotlight: Jasmine Rice

Jasmine rice is named after the fragrant jasmine flower due to its similar fragrance. It is a long-grain variety of rice and has a slightly sticky texture.



Ginger Lime Fish with Jasmine Rice

Golden chunks of white fish served in a sweet lime sauce over fluffy Jasmine rice alongside Asian greens and finished with sesame seeds.

 30 minutes

 4 servings

 Fish

Make a stir-fry!

Roughly chop asian greens and capsicum. Stir-fry with soy sauce, ginger and garlic. Add fish and serve as a stir-fry over rice topped with sesame seeds. Add chilli sauce to taste.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	13g	69g

FROM YOUR BOX

JASMINE RICE	300g
WHITE FISH FILLETS	2 packets
RED CAPSICUM	1
GINGER	1 piece
GARLIC CLOVES	2
TOMATO SAUCE	2 small jars
LIME	1
ASIAN GREENS	1 bunch
SESAME SEEDS	1 tub

FROM YOUR PANTRY

oil for cooking, sesame oil, pepper, fish or soy sauce, sugar (brown or other), flour (plain or other)

KEY UTENSILS

saucepan, large frypan x 2

NOTES

Rinse and pat dry the white fish fillets prior to cooking.



1. COOK THE RICE

Place rice in a saucepan, cover with **550ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE FISH

Cut fish into 5cm chunks. Season and dust with **1/4 cup flour** (shake off excess). Heat a large frypan with **oil** over medium-high heat. Add fish and cook until golden on both sides. Remove to a plate, keep pan over medium heat.



3. SAUTÉ THE AROMATICS

Cut capsicum into strips, grate ginger to yield 2-3 tsp and crush garlic. Add to frypan with **1 tbsp sesame oil** and sauté for 2-3 minutes. Stir in tomato sauce, **1 tbsp soy sauce, 1 tbsp sugar and 1/2 cup water**. Simmer for 2 minutes or until thickened.



4. RETURN THE FISH

Squeeze in juice from the whole lime, stir to combine then return fish. Turn to coat in the sauce. Take off heat.



5. COOK THE GREENS

Trim, halve and rinse Asian greens. Heat a large frypan with **sesame oil**. Cook greens for 2-3 minutes turning when lightly charred and tender. Season with **1/2 tbsp soy sauce and pepper**. Cook in batches if necessary.



6. FINISH AND SERVE

Serve fish and sauce over jasmine rice with a side of asian greens. Sprinkle with sesame seeds to taste.



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