

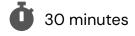




# **Ginger Lime Fish**

# 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.





4 servings



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.

#### 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 packet

#### 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. To use only one frypan, you can cook the Asian green before making the sauce.





#### 1. COOK THE RICE

Rinse **jasmine rice**. Place in a saucepan with **575ml water**. Cover and bring to a boil. Reduce heat immediately to mediumlow. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 2. PREPARE THE FISH

Cut **fish** into 5cm chunks (see notes). 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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