



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 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 medium-low. 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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