



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



4/6 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
4/6 Person:	34g/38g	3g	65g/68g

FROM YOUR BOX

	4 PERSON	6 PERSON
JASMINE RICE	300g	300g + 150g
WHITE FISH FILLETS	2 packets	3 packets
RED CAPSICUM	1	2
GINGER	1 piece	1 piece
GARLIC CLOVES	2	2
TOMATO SAUCE	2 small jars	3 small jars
LIME	1	1
ASIAN GREENS	1 bunch	1 bunch
SESAME SEEDS	1 tub	1 tub

FROM YOUR PANTRY

sesame oil for cooking, 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

Rinse **rice**. Place in a saucepan with **550ml 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.

6P – cover rice with 825ml water.



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.

6P – season and dust with 1/3 cup flour.



3. SAUTÉ THE AROMATICS

Cut **capsicum** into strips, grate **ginger** to yield 2-3 tsp and crush **garlic**. Add to frypan with **1-2 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.

6P – stir in tomato sauce, 2 tbsp soy sauce, 2 tbsp sugar and 3/4 cup water.



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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