



**Product Spotlight:  
Peanuts**

Although peanuts have “nut” in their name, they are actually legumes. Just like their relatives peas and beans, they are edible seeds enclosed in a pod.



# Satay Baked Fish

White fish fillets baked in a creamy peanut satay sauce, served with basmati rice, rainbow stir-fry veggies and lime.



25 minutes



4 servings

Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	36g	34g

## FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	165ml
PEANUT BUTTER	2 slugs
LIME	1
WHITE FISH FILLETS	2 packets
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, sweet chilli sauce

## KEY UTENSILS

oven dish, frypan, saucepan with lid

## NOTES

Thinly slicing the carrot will reduce the cook time in the pan. You could also ribbon them with a vegetable peeler.

You can add extra flavour to the stir-fry vegetables by cooking them in sesame oil and adding crushed garlic.



### 1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE SATAY SAUCE

Whisk together coconut milk, peanut butter, zest and juice from 1/2 lime, (wedge remaining), **1/4 cup water**, **1 1/2 tbsp sweet chilli sauce** and **1 1/2 tbsp soy sauce** until well combined.



### 3. BAKE THE FISH

Rinse and place fish fillets in an oven dish and pour over satay sauce. Bake in oven for 15–20 minutes or until cooked through.



### 4. STIR-FRY THE VEGGIES

Slice Asian greens and capsicum. Thinly slice carrot (see notes). Heat a frypan over medium-high heat with **oil**. Add vegetables and cook for 5 minutes or until tender. Season with **soy sauce** and **pepper** to taste.



### 5. FINISH AND SERVE

Serve satay fish with rice, stir-fry vegetables and lime wedges.



Scan the QR code to  
submit a Google review!

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

