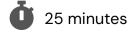




Satay Baked Fish

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





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
WHITE FISH FILLETS ASIAN GREENS	2 packets 1 bunch
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ASIAN GREENS	1 bunch

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.

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



