



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.



Switch it up!

Stir the coconut milk through the cooked rice to make coconut rice. Cut the fish into bite size pieces and cook with the vegetables, soy sauce and sweet chilli to make a fish stir-fry.

Satay Baked Fish

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



30 minutes



4/6 servings



Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	18g	81g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
COCONUT MILK	165ml	400ml
PEANUT BUTTER	3 tubs	4 tubs
LIME	1	2
WHITE FISH FILLETS	2 packets	3 packets
ASIAN GREENS	1 bunch	1 bunch
RED CAPSICUM	1	2
CARROT	1	2

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.



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1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – cover rice with 900ml water.



4. STIR-FRY THE VEGGIES

Meanwhile, slice **Asian greens** and **capsicum**, thinly slice **carrot** (see notes).

Heat a large 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.



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 **2 tbsp soy sauce** until well combined.

6P – use **zest & juice from 1 lime** (wedge remaining), **no water**, **2 tbsp sweet chilli sauce** and **2–3 tbsp soy sauce**.



5. FINISH AND SERVE

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



3. BAKE THE FISH

Rinse and place **fish fillets** in an oven dish and pour over **satay sauce**. Bake in oven for 10–15 minutes or until cooked through.

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