

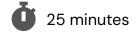




Sesame Crusted Fish

with Sticky Rice

Fish fillets coated in mixed sesame seeds and cooked to golden perfection, served over sticky sushi rice with a fresh veggie lime salsa.





4 servings



Remove the spice!

You can use sesame oil and some honey in the dressing instead of sweet chilli sauce if you prefer less spice!

FROM YOUR BOX

SUSHI RICE	300g
LIME	1
GARLIC CLOVE	1
WHITE FISH FILLETS	2 packets
MIXED SESAME SEEDS	1 packet
RED CAPSICUM	1
SNOW PEAS	150g
	1 bag
BEAN SHOOTS	. 545

FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Want to warm up the dish? Stir fry the veggies in a pan for 2-4 minutes with the dressing.

You can use sesame oil or coconut oil for extra fragrance. Keep the bean shoots fresh if preferred.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 600ml water. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE THE DRESSING

Add zest and juice from 1/2 lime (wedge remaining), crushed garlic, 2 tbsp sweet chilli sauce, 1 tbsp soy sauce and 2 tbsp water to a large bowl. Mix to combine.



3. PREPARE THE FISH

Coat fish with 1 tbsp soy sauce. Press into sesame seeds until coated on both sides. Set aside.



4. MAKE THE SALSA

Slice capsicum and trim and slice snow peas. Add to bowl with dressing (see notes) along with bean shoots. Toss to combine.



5. COOK THE FISH

Add oil to pan. Cook fish for 3-4 minutes each side or until cooked through.



6. FINISH AND SERVE

Divide rice among bowls. Top with fish and salsa, and serve with a lime wedge.



