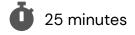




Japanese Ginger Stir-Fry

with White Fish Fillets

Nutty brown rice served with a flavourful ginger Japanese stir-fry of Catalano's white fish fillets, veggies and slices of fresh red chilli.





2 servings



Fussy eaters!

If you are cooking for fussy eaters, try separating the elements. Fry the fish in whole fillets, cook the veggies and then serve them all separately on a plate with the rice on the side.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

29g 5g

g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
WHITE FISH FILLETS	1 packet
GINGER	1 piece
RAMEN MARIANDE	1 sachet (50g)
SPRING ONIONS	1 bunch
CARROT	1
SUGAR SNAP PEAS	1 bag (150g)
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. COOK THE FISH

Heat a large frypan over medium-high heat with oil (see notes). Cut fish fillets into small pieces and season with salt and pepper. Add to pan and cook for 2 minutes each side. Remove to a plate and keep pan over heat.



3. PREPARE INGREDIENTS

Peel and grate ginger. Add to a jug along with ramen marinade, 3/4 tbsp cornflour, 1 tbsp soy sauce, pepper and 1/3 cup water. Whisk to combine. Slice spring onions into 3cm pieces and thinly slice carrot. Trim and halve sugar snap peas.



4. STIR-FRY THE VEGGIES

Add spring onions and carrot to reserved pan and stir-fry for 3-5 minutes until spring onions are beginning to brown. Add sugar snap peas to pan and stir-fry for a further minute.



5. ADD THE MARINADE

Add fish back to frypan along with prepared marinade. Toss to combine and cook for 1-2 minutes until marinade has thickened.



6. FINISH AND SERVE

Thinly slice chilli.

Divide rice among bowls. Spoon over fish and veggies. Garnish with chilli slices.

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**



