



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Kaffir Lime Leaves

Kaffir lime leaves, commonly used in Thai cooking, are rich in oils so only a couple of leaves are needed to add fragrant flavour.



E2 Kaffir Lime and Coconut Fish Bake with Brown Basmati Rice

Asian greens and white fish fillets baked in a fragrant coconut milk and kaffir lime leaf sauce served with brown basmati rice and a fresh salsa.



30 minutes



2 servings



Fish

10 June 2022

Switch it up!

Instead of baking the fish and Asian greens, panfry them and make a sauce from the coconut milk and kaffir lime leaves. Toss the cooked rice with some of the sauce and use the rest to serve.

Per serve: **PROTEIN** 27g **TOTAL FAT** 16g **CARBOHYDRATES** 34g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (150g)
ASIAN GREENS	2 bulbs
LIME	1
WHITE FISH FILLETS	1 packet
KAFFIR LIME LEAF	1
TINNED COCONUT MILK	165ml
TOMATO	1
LEBANESE CUCUMBER	1
RED CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven dish, saucepan

NOTES

Season the dish with soy sauce, tamari or fish sauce for extra flavour.



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 medium heat for 12-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE BAKE

Quarter Asian greens. Place in a lined oven dish. Zest lime to yield 1 tsp. Coat fish fillets with **oil**, lime zest, **salt and pepper** (see notes). Thinly slice kaffir lime leaf. Place fish fillets and lime leaf on top of Asian greens.



3. BAKE THE FISH

Pour coconut milk over ingredients in oven dish. Bake in the oven for 15-20 minutes until fish fillets are cooked through.



4. MAKE THE SALSA

Dice tomato and cucumber. Thinly slice chilli. Add to a bowl. Squeeze in juice from 1/2 lime (wedge remaining). Season with **salt and pepper** and toss to combine.



5. FINISH AND SERVE

Divide rice among shallow bowls. Top with baked fish and vegetables. Spoon extra liquid from oven dish over rice. Top with salsa and serve with 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**

