




Product Spotlight: Lime


Did you know? Seedless limes are classified as a parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. Though some fruits are bred to have no seeds, seedless limes are naturally occurring!



E4 Brazilian Fish Stew with Brown Rice

This Brazilian-style fish stew is wholesome and warming with coconut milk and veggies, served over brown rice.

 25 minutes

 4 servings

 Fish

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Switch it up!

Instead of simmering the fish fillets in the stew, you can keep them whole and pan-fry them to serve on the side or as a topping for the stew.

Per serve: **PROTEIN** 28g **TOTAL FAT** 19g **CARBOHYDRATES** 36g

FROM YOUR BOX

| | |
|---------------------|-----------------|
| BROWN RICE | 1 packet (300g) |
| SHALLOT | 1 |
| TOMATOES | 2 |
| TINNED COCONUT MILK | 400ml |
| GREEN CAPSICUM | 1 |
| WHITE FISH FILLETS | 2 packets |
| SUGAR SNAP PEAS | 1 bag (250g) |
| LIME | 1 |

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, 1 stock cube

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Instead of ground paprika you can use ground cumin or coriander if preferred.

Rinse fish fillets with cold water before dicing and adding to the stew.

Keep the peas fresh and use them as a topping if preferred.



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. SAUTÉ THE AROMATICS

Heat a large frypan over medium–high heat with oil. Slice shallot and add to pan as you go. Sauté for 1–2 minutes until beginning to soften. Dice and add tomatoes along with 2 tsp paprika (see notes). Crumble in stock cube. Cook for 2 minutes.



3. SIMMER THE STEW

Pour coconut milk into frypan along with 1 tin water. Simmer, uncovered, for 5 minutes.



4. ADD FISH AND CAPSICUM

Slice capsicum and dice fish fillets (see notes). Add to the stew and simmer, covered, for 3–5 minutes or until fish is cooked through.



5. ADD THE PEAS

Trim and halve sugar snap peas (see notes). Zest lime. Add to stew along with juice from 1/2 the lime (wedge remaining). Season to taste with salt and pepper.



6. FINISH AND SERVE

Divide rice among bowls. Spoon over stew 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

