



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Ginger


Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a lovely herbal tea.



## E4 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.

 25 minutes

 4 servings

 Fish

26 August 2022

## 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** 29g **TOTAL FAT** 5g **CARBOHYDRATES** 47g

## FROM YOUR BOX

BROWN RICE	1 packet (300g)
WHITE FISH FILLETS	2 packets
GINGER	1 piece
RAMEN MARIANDE	1 sachet (100g)
SPRING ONIONS	1 bunch
CARROTS	2
SUGAR SNAP PEAS	1 bag (250g)
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, **1 1/2 tbsp cornflour**, **2 tbsp soy sauce**, **pepper** and **3/4 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](mailto:hello@dinnertwist.com.au)

