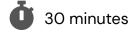




Kaffir Lime and Coconut Fish Bake

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.





4 servings



Fish

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 TOTAL FAT CARBOHYDRATES

7g 19g 29g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
ASIAN GREENS	1 bunch
LIME	1
WHITE FISH FILLETS	2 packets
KAFFIR LIME LEAVES	2
TINNED COCONUT MILK	400ml
TOMATOES	2
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. Coat fish fillets with **oil**, lime zest, **salt and pepper** (see notes). Thinly slice kaffir lime leaves. Place fish fillets and lime leaves 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 tomatoes 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.



