



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Lemongrass


Turn unused lemongrass into mosquito repellent! Place lemongrass in a saucepan, cover with water and bring to a boil. Remove saucepan from heat and leave to sit overnight. Place the mixture in a spray bottle and use it to scatter mosquitoes.



## E4 Lemongrass Turmeric Fish Fillets with Coconut Greens

A luscious, creamy coconut curry flavoured with a homemade curry paste of lemongrass and aromatics and served with red rice.

 25 minutes

 4 servings

 Fish

22 July 2022

## Spice it up!

*If you're looking to add more aromatics to your curry paste, try adding a garlic clove, kaffir lime leaves, lime zest and juice, ginger and coriander (leaves, stems and roots!) and serve with fresh red chilli.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 22g **CARBOHYDRATES** 69g

## FROM YOUR BOX

RED RICE	1 packet (300g)
LEMONGRASS	1 stalk
SPRING ONIONS	1 bunch
RED CAPSICUM	1
ASIAN GREENS	1 bunch
TINNED COCONUT MILK	400ml
WHITE FISH FILLETS	2 packets

## FROM YOUR PANTRY

oil for cooking, pepper, ground turmeric, fish sauce (see notes), cumin seeds

## KEY UTENSILS

large frypan, saucepan, stick mixer (or small blender)

## NOTES

Substitute fish sauce with soy sauce or tamari if desired.

Dice fish fillets 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 until tender. Drain and rinse.



### 2. MAKE THE CURRY PASTE

Peel off any outer dry layers from lemongrass. Roughly chop lemongrass and 1/2 spring onions. Add to a jug along with **2 tsp cumin seeds, 2 tsp turmeric, 1 tbsp fish sauce, 1 tbsp oil** and **1 tbsp water**. Use stick mixer to blend to a paste.



### 3. SAUTÉ THE CURRY

Heat a large frypan over medium–high heat. Add prepared curry paste and sauté for 2–3 minutes until aromatic. Slice remaining spring onions (reserve green tops for garnish). Dice capsicum and slice Asian greens. Add to pan along with coconut milk and **1 tin water**.



### 4. POACH THE FISH

Rinse fish fillets with cold water and add to pan (see notes). Cook, semi–covered, for 10–12 minutes until fish is cooked through. Season curry with **pepper**.



### 5. FINISH AND SERVE

Divide rice among shallow bowls. Top with curry and fish and garnish with reserved spring onion green tops.

**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)

