



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lime

Lime offers a heap of vitamins and minerals, including potassium. Potassium is important for maintaining nerve and muscle function as well as healthy blood pressure levels.



## 1 Baked Sweet Chilli Fish with Cashews

Oven baked soy & sweet chilli fish with crunchy cashew nuts. Paired with rice and a quick veggie stir-fry.

 30 minutes

 2 servings

 Fish

17 September 2021

## Make fish parcels

*Make individual fish parcels with veggies and fish fillets. Drizzle with sauce ingredients and cashews, then wrap in baking paper and bake for 15 minutes.*

## FROM YOUR BOX

BASMATI RICE	150g
WHITE FISH FILLETS	1 packet
CASHEW NUTS	1 packet (40g)
LIME	1
SHALLOT	1
CARROT	1
RED CAPSICUM	1/2 *
GARLIC CLOVE	1
BROCCOLI	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil (or other), pepper, sweet chilli sauce, soy sauce, honey, cornflour

## KEY UTENSILS

saucepan, oven dish, frypan

## NOTES

Replace sweet chilli sauce with oyster, barbecue or tomato sauce for a milder flavour.

**No fish option – white fish fillets are replaced with chicken schnitzels.** Pan-fry chicken with sesame oil. When almost cooked pour over soy sauce, sweet chilli sauce and cashews. Remove from heat and rest while you cook the vegetables.



### 1. COOK THE RICE

Set oven 200°C.

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand for 5 minutes. Stir carefully with a fork.



### 2. BAKE THE FISH

Place fish in a lined oven dish. Toss with **1 tbsp soy sauce, 1/2 tbsp sweet chilli sauce** (see notes) **and 1/2 tbsp oil**. Sprinkle over chopped cashews and juice from 1/2 lime. Bake for 8–10 minutes or until fish is cooked through.



### 3. PREPARE VEGETABLES

Slice shallot, carrot, capsicum and garlic (alternatively crush). Cut broccoli into small florets.

Whisk together **1/4 cup water, 1 tbsp soy sauce, 1 tsp honey and 1 tsp cornflour**.



### 4. STIR-FRY THE VEGGIES

Heat a large frypan with **2 tbsp oil** over high heat. Cook shallot and garlic for 1 minute then add remaining vegetables and stir-fry for 3 minutes. Pour in sauce and simmer to thicken.



### 5. FINISH AND SERVE

Season stir-fry with extra lime juice, **soy sauce and pepper** to taste.

Serve sweet chilli fish with rice and stir-fried vegetables.

**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)

