



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mint

Mint is frequently used in various industries in the production of baked goods, chocolates and chewing gums as well as various lotions, perfumes and shampoos!



1 Golden Fish with Minted Rice Salad

Lightly spiced turmeric fish with rice salad and a fresh mint sauce.



30 minutes



2 servings



Fish

29 October 2021

Keep it separate!

Instead of tossing the rice salad together keep all the components separate. Halve cherry tomatoes and leave the coleslaw on its own. Serve the dressing on the side.

FROM YOUR BOX

BASMATI RICE	150g
MINT	1 bunch
FLAKED ALMONDS	1 packet (30g)
WHITE FISH FILLETS	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
COLESLAW	1/2 bag (250g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, turmeric (or curry powder), red wine vinegar, sugar (or sweetener of choice)

KEY UTENSILS

frypan, saucepan, stick mixer or small blender

NOTES

If you don't have a stick mixer, finely chop the mint and place in a jar with remaining ingredients. Shake well to mix.

No fish option – white fish fillets are replaced with **chicken schnitzels**. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE RICE

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



2. MAKE THE DRESSING

Finely chop mint to yield 1/3 cup (reserve any left over for garnish). Place in a jug with **2 tbsp olive oil, 2 tbsp vinegar, 1 tbsp water, 1 tsp sugar, salt and pepper**. Use a stick mixer to blend to a smooth sauce (see notes).



3. TOAST THE ALMONDS

Heat a frypan over medium–high heat. Add almonds and cook for 2–3 minutes or until golden, remove to a plate, keep pan over heat.



4. COOK THE FISH

Rub fish with **1/2 tsp turmeric, oil, salt and pepper**. Melt **1 tbsp butter** in frypan and cook fish for 3–4 minutes each side or until cooked through.



5. MIX THE SALAD

Dice 1/4 cherry tomatoes. Toss together with coleslaw and rice. Dress with half the mint sauce.



6. FINISH AND SERVE

Serve fish with rice salad, scatter with toasted almonds and chopped mint. Add remaining dressing, to taste.

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**

