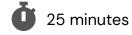




# Satay Fish Bowl

## with Red Rice

Creamy peanut & cashew nut satay sauce is the star of this dish, alongside beautiful red rice, seasonal veggies, and WA-caught white fish fillets.





2 servings



Fish

# Kitchen helpers

If you have kids, invite them into the kitchen to assist! For example, they can help stir satay sauce through the rice, slice the vegetables in step 2, or plate up the bowls in step 4.

#### FROM YOUR BOX

RED RICE	150g
LIME	1
CASHEW & PEANUT SATAY SAUCE	1 jar
RED CAPSICUM	1/2 *
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (75g) *
FESTIVAL LETTUCE	1/2 *
WHITE FISH FILLETS	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, turmeric (optional, see notes)

#### **KEY UTENSILS**

frypan, saucepan

#### **NOTES**

We used sesame oil for added flavour.

You can leave out turmeric, or replace with ground cumin, coriander or paprika.

If you end up with leftover satay sauce, keep it in your fridge and enjoy with skewers, salads, spring rolls or stir-fries.

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 and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse. Zest lime to yield 1/2 tbsp and stir through rice with 2 tbsp satay sauce, salt and pepper.



#### 2. CUT SALAD INGREDIENTS

Slice capsicum, cucumber and snow peas. Tear lettuce and wedge lime.



#### 3. COOK THE FISH

Heat a frypan over medium-high heat. Rub fish with oil, 1/2 tsp turmeric, salt and pepper. Cook for 3-4 minutes each side or until cooked through.



### 4. FINISH AND PLATE

Divide rice, vegetables and fish among bowls. Serve with satay sauce (see notes) and a lime wedge on the side.

