



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Peanut Butter

The Dinner Twist team doesn't just love peanut butter because of its irresistible creamy goodness, but also because it's high in healthy fats that boost your health!



1 Satay Fish with Rice and Pickled Vegetables

An easy-to-make coconut & peanut satay sauce, fried turmeric fish fillets, and simple homemade pickled veggies. Lots to explore for young and older diners alike!

 30 minutes  2 servings  Fish

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In a pickle?

If you're in a pickle and short on time, simply skip step 3 and don't pickle the veggies. Instead, you can make veggie sticks with the carrot, cucumber and snow peas. This may also suit fussy eaters better.

FROM YOUR BOX

BASMATI RICE	150g
GARLIC CLOVES	2
COCONUT MILK	165ml
PEANUT BUTTER SLUGS	2
LIME	1
CARROT	1
LEBANESE CUCUMBER	1
SNOW PEAS	1/2 bag (75g) *
WHITE FISH FILLETS	1 packet
PEANUTS	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, turmeric, soy sauce, vinegar (of choice, we used rice wine), maple syrup (or sweetener of choice)

KEY UTENSILS

frypan, saucepan, large non-metallic bowl

NOTES

We used sesame oil in this dish for extra flavour.

Use the rice tub to easily measure the right amount of water.

For extra flavour, add 1/2-1 tsp ground cumin to the fish.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 5-6 minutes each side.



1. COOK THE RICE

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



2. MAKE THE SAUCE

Crush garlic and add to a small saucepan with coconut milk, **1/2 tin water**, peanut butter and juice & zest from 1/2 lime. Whisk over medium heat until combined and thickened. Stir in **1 tbsp soy sauce and 1 tsp maple syrup**. Remove from heat and set aside.



3. PICKLE THE VEGETABLES

In a large non-metallic bowl whisk together **1 tsp oil, 2 tsp vinegar, 1/2 tsp maple syrup, salt and pepper**. Julienne (or slice) carrots and cucumber, trim and slice snow peas. Add to bowl and toss together.



4. COOK THE FISH

Heat a frypan over medium-high heat. Rub fish with **1 tsp turmeric, oil, salt and pepper** (see notes). Cook for 3-4 minutes each side or until cooked to your liking.



5. FINISH AND PLATE

Wedge remaining lime and roughly chop peanuts.

Divide rice among bowls and serve with fish and pickled vegetables. Add a lime wedge and scatter with peanuts.

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

