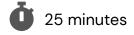




Sesame and Lime Fish

with Coconut Dressing

Asian inspired pan fried fish with lime and sesame oil. Accompanied by Asian greens and a soy, sweet chilli and coconut milk dressing.





2 servings



Fish

Keep it fresh!

Finely slice Asian greens, spring onion tops and dice capsicum. Make a dressing with oil, soy sauce, sweet chilli sauce and vinegar. Toss together for an Asian coleslaw. Add some peanuts or cashews for extra crunch.

FROM YOUR BOX

BASMATI RICE	150g
LIME	1
COCONUT MILK	165ml
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
WHITE FISH FILLETS SPRING ONIONS	1 packet
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SPRING ONIONS	4

FROM YOUR PANTRY

oil for cooking (we used sesame), pepper, soy sauce, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse the Asian greens after they are cut to remove any sand.

Remove the seeds from the chilli for a milder finish and use to taste.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes 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

Zest lime and leave to the side.

Whisk together coconut milk, juice from 1/2 lime, 1 tbsp soy sauce and 2 tbsp sweet chilli sauce.



3. COOK THE GREENS

Heat a frypan to medium-high heat with oil. Halve or quarter Asian greens. Cook for 3-4 minutes, turning, or until tender (see notes). Season with pepper and 1 tsp soy sauce. Remove to a plate and keep pan over heat.



4. COOK THE FISH

Rub fish with lime zest, 1/2 tbsp oil, 1/2 tbsp soy sauce and pepper. Slice spring onions, reserving green tops. Add to pan. Cook fish for 3-4 minutes each side or until cooked through.



5. SLICE FRESH SIDES

Finely slice reserved spring onion tops, capsicum and chilli (see notes). Wedge remaining lime. Keep separate.



6. FINISH AND SERVE

Divide rice among plates. Add fish, Asian greens and fresh sides. Spoon over coconut 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



