



Product Spotlight:

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries and baked goods. They're high in copper, manganese and calcium.



1 Teriyaki Fish with Rice and Vegetables

White fish fillets and Asian greens cooked in home made Teriyaki sauce, with rice, crunchy carrots and cucumber.

 30 minutes

 2 servings

 Fish

3 December 2021

Mix it up!

For a crisp Asian salad, thinly slice the Asian greens, grate or julienne the carrot and slice the cucumber. Toss together with some sesame oil, soy sauce and a little vinegar.

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
LEBANESE CUCUMBER	1
CARROT	1
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
MIXED SESAME SEEDS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce, rice or white wine vinegar, brown sugar

KEY UTENSILS

frypan, saucepan

NOTES

The carrot can also be cooked if preferred.

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 SAUCE

Grate the ginger and mix together with **3 tbsp soy sauce, 2 tbsp vinegar, 2 tbsp sugar, 2 tbsp oil and 2 tbsp water.**



3. PREPARE FRESH VEG

Use a peeler to ribbon the cucumber and thinly slice the carrot (see notes).



4. COOK THE ASIAN GREENS

Heat a frypan over medium-high heat with **oil**. Halve or quarter Asian green bulbs and add to pan along with 1/2 tbsp sauce. Cook for 4-5 minutes, turning, until tender. Remove from pan. Keep pan.



5. COOK THE FISH

Wipe out pan if needed. Season fish with **salt and pepper**. Add **1/2 tbsp oil** to pan. Cook fish for 3 minutes. Turn over and add 1/2 of the remaining sauce. Cook for further 3-4 minutes or until fish is cooked through.



6. FINISH AND SERVE

Divide rice between bowls. Top with fish, Asian greens, fresh vegetables and a sprinkle of sesame seeds. Add extra sauce 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

