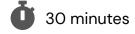




## 🕕 Teriyaki Fish

### with Rice and Vegetables

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





2 servings



# 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)

<sup>\*</sup>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



