



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Coconut milk


Coconut milk is a great way to add creaminess and richness to your dinners. But that's not all; try adding it to your porridge or smoothies!



## 1 Coconut Poached Fish with Mixed Rice

Tender WA-caught fish fillets poached in an Asian-style sauce served with wholesome mixed rice.

 30 minutes

 2 servings

 Fish

7 September 2020

## Fried fish

*Instead of poaching the fish, you can pan-fry it in a little oil. Fry the Asian greens and carrot, too. Make a sauce with 1 tbsp soy sauce, 1 tbsp sweet chilli sauce, 1/2 tsp sesame oil and 1/2 tsp grated ginger. Serve fish with mixed rice, veggies and sauce.*

## FROM YOUR BOX

MIXED RICE	150g
RED ONION	1/2 *
GINGER	1 piece
LEMON	1
COCONUT MILK	400ml
WHITE FISH FILLETS	1 packet
ASIAN GREENS	2 bulbs
DUTCH CARROTS	1/2 bunch *
CHIVES	1/3 bunch *
PEANUTS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, sweet chilli sauce

## KEY UTENSILS

frypan, saucepan

## NOTES

If you prefer, you can pan-fry the Asian greens instead of poaching them.

**No fish option - white fish fillets are replaced with sliced chicken breast fillet.** Increase cooking time to 10-12 minutes 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 or until tender. Drain and rinse with cold water.



### 2. MAKE THE SAUCE

Heat a frypan with **oil** over medium heat. Slice onion, grate ginger to yield 1 1/2 tsp, zest and juice half the lemon, adding to pan as you go. Cook for 2-3 minutes, then pour in coconut milk, **2 tbsp soy sauce and 1 tbsp sweet chilli sauce**. Bring to a simmer and cook for 5 minutes.



### 3. COOK THE FISH

Add fish to sauce and simmer, uncovered, for 4-5 minutes or until cooked through. Remove fish to a plate, leaving the sauce simmering.



### 4. ADD THE GREENS

Halve or quarter the Asian greens (see notes). Add to sauce and cook for 3-4 minutes or until just tender.

Season sauce with **soy sauce and pepper** to taste.



### 5. PREPARE THE TOPPINGS

Slice carrot, and roughly chop chives and peanuts.

Wedge remaining lemon.



### 6. FINISH AND PLATE

Divide rice, fish and Asian greens between bowls. Spoon over sauce and top with carrot, chives and peanuts. Serve with a lemon wedge and extra sweet chilli sauce.

**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**

