



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**

