



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Spring Onions

Did you know that if you replant the root end of your spring onions they will regrow?



## 1 Pineapple Fish with Rice

A quick and easy Chinese style fish dinner. Lots of vegetables and delicate white fish with a sweet and sour sauce.

 30 minutes

 2 servings

 Fish

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*Keep it separate!*

*Add spring onions to the sauce and heat in a small saucepan until thickened. Use as a dipping sauce with fish pieces and fresh vegetables. Serve rice on the side.*

## FROM YOUR BOX

BASMATI RICE	150g
PINEAPPLE RINGS	225g
GARLIC	1 cloves
GINGER	1 piece
TOMATO PASTE	1/2 tbsp *
SPRING ONIONS	2
CARROT	1
ZUCCHINI	1/2 *
SNOW PEAS	1/2 bag (75g) *
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking (see notes), pepper, soy sauce, white wine vinegar, cornflour (or other), sugar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use peanut, sesame or a neutral flavoured oil for this dish.

Keep snow peas fresh if preferred.

If you wish, boost the flavour with 1/2 tsp Chinese five spice at step 4. Add some oyster sauce and fresh or dried chilli.

**No fish option – white fish fillets are replaced with diced chicken.** Add to the pan at the start of step 4 and cook for 4–5 minutes before adding the vegetables.



### 1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



### 2. MAKE THE SAUCE

Drain pineapple and mix the juice (reserve pieces) with crushed garlic, 1/2 tbsp grated ginger, tomato paste, **1/2 tbsp cornflour**, **2 tbsp vinegar**, **1 tbsp sugar** and **1 tbsp soy sauce**.



### 3. PREPARE INGREDIENTS

Slice spring onions (reserve green tops for garnish) into 3cm lengths. Halve and thinly slice carrot and zucchini. Halve snow peas. Dice fish, keep separate.



### 4. COOK THE VEGETABLES

Heat a large frypan or wok over medium-high heat with **oil**. Add prepared vegetables and cook for 3–4 minutes until just tender. Add fish and cook for a further 3 minutes.



### 5. ADD THE SAUCE

Cut pineapple rings into pieces. Add to frypan along with sauce. Stir until thickened. Season to taste with **pepper** and **extra soy sauce**.



### 6. FINISH AND PLATE

Divide rice among bowls. Spoon over sweet and sour fish and garnish with reserved spring onion tops.

**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**

