



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Coconut Milk

Coconut milk is lactose free and derived from the flesh of the coconut. It gives a great background flavour to curries and dressings.



## 1 Sesame and Lime Fish with Coconut Dressing

Asian inspired pan fried fish with lime and sesame oil. Accompanied by Asian greens and a soy, sweet chilli and coconut milk dressing.

 25 minutes

 2 servings

 Fish

7 January 2022

## Keep it fresh!

*Finely slice Asian greens, spring onion tops and dice capsicum. Make a dressing with oil, soy sauce, sweet chilli sauce and vinegar. Toss together for an Asian coleslaw. Add some peanuts or cashews for extra crunch.*

## FROM YOUR BOX

BASMATI RICE	150g
LIME	1
COCONUT MILK	165ml
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
SPRING ONIONS	4
RED CAPSICUM	1
RED CHILLI	1

## FROM YOUR PANTRY

oil for cooking (we used sesame), pepper, soy sauce, sweet chilli sauce

## KEY UTENSILS

large frypan, saucepan

## NOTES

Rinse the Asian greens after they are cut to remove any sand.

Remove the seeds from the chilli for a milder finish and use to taste.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes 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 DRESSING

Zest lime and leave to the side.

Whisk together coconut milk, juice from 1/2 lime, **1 tbsp soy sauce and 2 tbsp sweet chilli sauce.**



### 3. COOK THE GREENS

Heat a frypan to medium-high heat with **oil**. Halve or quarter Asian greens. Cook for 3-4 minutes, turning, or until tender (see notes). Season with **pepper and 1 tsp soy sauce**. Remove to a plate and keep pan over heat.



### 4. COOK THE FISH

Rub fish with lime zest, **1/2 tbsp oil, 1/2 tbsp soy sauce and pepper**. Slice spring onions, reserving green tops. Add to pan. Cook fish for 3-4 minutes each side or until cooked through.



### 5. SLICE FRESH SIDES

Finely slice reserved spring onion tops, capsicum and chilli (see notes). Wedge remaining lime. Keep separate.



### 6. FINISH AND SERVE

Divide rice among plates. Add fish, Asian greens and fresh sides. Spoon over coconut dressing 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**

