



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

 4 servings

 Fish

13 August 2021

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	300g
PINEAPPLE PIECES	440g
GARLIC	2 cloves
GINGER	1 piece
TOMATO PASTE	1 tbsp *
SPRING ONIONS	1/2 bunch *
CARROTS	2
CELERY STICKS	2
SNOW PEAS	1/2 bag (125g) *
WHITE FISH FILLETS	2 packets

**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 like, boost the flavour with 1 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 5–6 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, grated ginger, tomato paste, **1 tbsp cornflour**, **3 tbsp vinegar**, **2 tbsp sugar** and **2 tbsp soy sauce**.



3. PREPARE INGREDIENTS

Slice spring onions (reserve green tops for garnish) into 3cm lengths, halve and thinly slice carrots and celery, halve snow peas.

Dice fish, keep separate.



4. COOK THE VEGETABLES

Heat a large frypan or wok to 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

Pour sauce and pineapple pieces into pan and 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, 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

