



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Rice


Not only is red rice chock-full of fibre, but it's also high in iron, zinc, and potassium, all of which are important for good health!



1 Satay Fish Bowl with Red Rice

Creamy peanut & cashew nut satay sauce is the star of this dish, alongside beautiful red rice, seasonal veggies, and WA-caught white fish fillets.

 25 minutes

 4 servings

 Fish

14 May 2021

Kitchen helpers

If you have kids, invite them into the kitchen to assist! For example, they can help stir satay sauce through the rice, slice the vegetables in step 2, or plate up the bowls in step 4.

FROM YOUR BOX

RED RICE	300g
LIME	1
CASHEW & PEANUT SATAY SAUCE	1 jar
RED CAPSICUM	1
CONTINENTAL CUCUMBER	1/2 *
SNOW PEAS	1 bag (150g)
FESTIVAL LETTUCE	1/2 *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), salt, pepper, turmeric (optional, see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for added flavour.

You can leave out turmeric, or replace with ground cumin, coriander or paprika.

If you end up with leftover satay sauce, keep it in your fridge and enjoy with skewers, salads, spring rolls or stir-fries.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side 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 until tender. Drain and rinse. Zest lime and stir through rice with 1/3 cup satay sauce, **salt and pepper**.



2. CUT SALAD INGREDIENTS

Slice capsicum, cucumber and snow peas. Tear lettuce and wedge lime.



3. COOK THE FISH

Heat a frypan over medium-high heat. Rub fish with **oil, 1 tsp turmeric, salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



4. FINISH AND PLATE

Divide rice, vegetables and fish among bowls. Serve with satay sauce (see notes) and a lime wedge on the side.

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

