



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries and baked goods. They're high in copper, manganese and calcium.



## 1 Teriyaki Fish Bowl with Rice and Vegetables

White fish fillets and Asian greens cooked in home made Teriyaki sauce, with rice, crunchy carrots and cucumber.

 30 minutes

 4 servings

 Fish

3 December 2021

## Mix it up!

*For a crisp Asian salad, thinly slice the Asian greens, grate or julienne the carrot and slice the cucumber. Toss together with some sesame oil, soy sauce and a little vinegar.*

## FROM YOUR BOX

BASMATI RICE	300g
GINGER	1 piece
LEBANESE CUCUMBER	1
CARROTS	2
ASIAN GREENS	1 bunch
WHITE FISH FILLETS	2 packets
MIXED SESAME SEEDS	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce, rice or white wine vinegar, brown sugar

## KEY UTENSILS

large frypan, saucepan

## NOTES

The carrots can also be cooked if preferred.

**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, 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 SAUCE

Grate ginger and mix together with **3 tbsp soy sauce, 2 tbsp vinegar, 2 tbsp sugar, 2 tbsp oil and 2 tbsp water.**



### 3. PREPARE FRESH VEG

Use a peeler to ribbon the cucumber and thinly slice the carrots (see notes).



### 4. COOK THE ASIAN GREENS

Heat a frypan over medium-high heat with **oil.** Halve or quarter Asian green bulbs and add to pan along with 1 tbsp sauce, cook in batches if necessary. Cook for 4-5 minutes, turning, until tender. Remove from pan. Keep pan.



### 5. COOK THE FISH

Wipe out pan if needed. Season fish with **salt and pepper.** Add **1/2 tbsp oil** to pan. Cook fish for 3 minutes. Turn over and add 1/2 of the remaining sauce. Cook for further 3-4 minutes or until fish is cooked through.



### 6. FINISH AND SERVE

Divide rice between bowls. Top with fish, Asian greens, fresh vegetables and a sprinkle of sesame seeds. Add extra sauce 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**

