



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Lime


Lime offers a heap of vitamins and minerals, including potassium. Potassium is important for maintaining nerve and muscle function as well as healthy blood pressure levels.



1 Baked Sweet Chilli Fish with Cashews

Oven baked soy & sweet chilli fish with crunchy cashew nuts. Paired with rice and a quick veggie stir-fry.

 30 minutes

 4 servings

 Fish

17 September 2021

Make fish parcels

Make individual fish parcels with veggies and fish fillets. Drizzle with sauce ingredients and cashews, then wrap in baking paper and bake for 15 minutes.

FROM YOUR BOX

BASMATI RICE	300g
WHITE FISH FILLETS	2 packets
CASHEW NUTS	1 packet (40g)
LIME	1
SHALLOT	1
CARROTS	2
RED CAPSICUM	1
GARLIC CLOVES	2
BROCCOLI	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil (or other), pepper, sweet chilli sauce, soy sauce, honey, cornflour

KEY UTENSILS

saucepan, oven dish, frypan

NOTES

Replace sweet chilli sauce with oyster, barbecue or tomato sauce for a milder flavour.

No fish option – white fish fillets are replaced with chicken schnitzels. Pan-fry chicken with sesame oil. When almost cooked pour over soy sauce, sweet chilli sauce and cashews. Remove from heat and rest while you cook the vegetables.



1. COOK THE RICE

Set oven 200°C.

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 for 5 minutes. Stir carefully with a fork.



2. BAKE THE FISH

Place fish in a lined oven dish. Toss with **2 tbsp soy sauce, 1 tbsp sweet chilli sauce** (see notes) **and 1 tbsp oil**. Sprinkle over chopped cashews and juice from 1/2 lime. Bake for 8–10 minutes or until fish is cooked through.



3. PREPARE VEGETABLES

Slice shallot, carrots, capsicum and garlic (alternatively crush). Cut broccoli into small florets.

Whisk together **1/2 cup water, 2 tbsp soy sauce, 1/2 tbsp honey and 1/2 tbsp cornflour**.



4. STIR-FRY THE VEGGIES

Heat a large frypan with **2 tbsp oil** over high heat. Cook shallot and garlic for 1 minute then add remaining vegetables and stir-fry for 3 minutes. Pour in sauce and simmer to thicken.



5. FINISH AND SERVE

Season stir-fry with extra lime juice, **soy sauce and pepper** to taste.

Serve sweet chilli fish with rice and stir-fried vegetables.

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**

