



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: BASMATI RICE

Cooked basmati rice is firm and fluffy, unlike the stickier jasmine rice. It's renowned for its unique aroma — in fact, the Hindi word "basmati" means fragrant!



1. GINGER SOY FISH

WITH STIR-FRIED VEGETABLES

 25 Minutes

 4 Servings

WA-caught white fish fillets, fresh ginger, crunchy veggies and savoury soy sauce served over basmati rice.

FROM YOUR BOX

BASMATI RICE	300g
GINGER	40g
WHITE FISH FILLETS	2 packets
RED ONION	1/2 *
GARLIC CLOVES	2
RED CAPSICUM	1
CARROTS	2
ASIAN GREENS	1 bunch
FRIED SHALLOTS	1 packet (40g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, pepper, soy sauce, sugar (of choice), rice or white wine vinegar

KEY UTENSILS

saucepan, wok or large frypan, regular frypan

NOTES

Use rice tub to easily measure amount of water.

Place fish and marinade in a lined oven dish and roast for 10-14 minutes instead if you prefer! Also works great in a parcel!

No fish option - white fish fillets are replaced with chicken schnitzels. Brown chicken on each side and cook for 3-4 minutes (reserve marinade). Add marinade and allow to cook through (cook covered if needed).



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MARINATE THE FISH

Grate ginger. Place fish in bowl with half the ginger, **2 tbsp soy sauce, 2 tsp sugar, 2 tbsp sesame oil and pepper.** Toss to coat and keep aside.



3. PREPARE THE VEGETABLES

Slice onion, garlic, capsicum and carrots. Trim, rinse and roughly chop Asian greens.



4. COOK THE FISH

Heat a frypan over medium-high heat. Add marinade and **1/4 cup water** and bring to simmer. Add fish and cook for 2-3 minutes each side or until cooked through.



5. STIR-FRY THE VEGETABLES

Heat a wok or large frypan with **1 tbsp oil** over high heat. Add remaining ginger and prepared vegetables, cook for 5-8 minutes until just tender. Season with **1 tbsp soy, 1/2 tsp sugar, 1/2 tbsp vinegar and pepper.**



6. FINISH AND PLATE

Serve fish and stir-fried vegetables with rice, sprinkle with fried shallots and spoon over any pan sauces.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

