



DINNER TWIST
LOCAL, HEALTHY, DELIVERED






Product Spotlight: Zucchini

Did you know that the flower of the zucchini plant is edible (and delicious)? If you're lucky enough to have any in your garden, why not find a recipe online to give the flowers a taste? We love dipping them in batter and frying in a pan!



1 Indian Rice with Lemon Fish

Guilt-free Indian-style comfort food featuring fresh veggies, curry powder, and locally caught fish cooked with lemon zest.

 30 minutes  2 servings  Fish

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Bulk it up!

If you have any spare veggies in your fridge you need to use, you can chop or grate them and add to step 3. Think celery, broccoli, cauliflower, corn and cabbage! Another great addition is a handful of raisins and cashews/almonds in step 2.

FROM YOUR BOX

BASMATI RICE	150g
RED ONION	1/2 *
CARROT	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
ENGLISH SPINACH	1/2 bunch *
WHITE FISH FILLETS	1 packet
LEMON	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, ground cumin

KEY UTENSILS

saucepan, 2 frypans

NOTES

Use the rice tub to easily measure right amount of water.

Got fussy eaters at home? Then keep carrots and cherry tomatoes fresh on the side instead.

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



2. SAUTÉ THE ONION

Heat a frypan with **oil** over medium-high heat. Slice and add onion, cook for 3-4 minutes until softened. Add **1 tsp curry powder** and cook for further 1 minute.



3. ADD THE VEGETABLES

Chop or grate the carrot, dice zucchini and quarter cherry tomatoes, adding to pan as you go (see notes). Wash and chop spinach, add to pan, and cook for further 3-4 minutes until wilted.



4. COOK THE FISH

Heat a second frypan with **oil** over medium-high heat. Rub fish with **1/2 tsp cumin**, **1/2 tsp lemon zest**, **salt and pepper**. Cook for 3-4 minutes each side or until cooked through.



5. ADD THE RICE

Add rice to vegetables and stir well to combine. Squeeze in juice from quarter of the lemon (wedge remaining) and season with **salt and pepper**.



6. FINISH AND PLATE

Divide rice among bowls, top with fish and serve with a lemon wedge.

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

