



DINNER TWIST
LOCAL. HEALTHY. DELIVERED





Product Spotlight: Celery

It's believed that cultivation of this healthy veggie started over 3000 years ago in the Mediterranean region, so it's safe to say that celery has been a kitchen favourite for millenia!



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  4 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 zucchini, broccoli, cauliflower, corn and cabbage! Another great addition is a handful of raisins and cashews/almonds in step 2.

FROM YOUR BOX

BASMATI RICE	300g
RED ONION	1/2 *
CARROT	1
CELERY STICKS	2
CHERRY TOMATOES	1/2 bag (200g) *
ENGLISH SPINACH	1/2 bunch *
WHITE FISH FILLETS	2 packets
LEMON	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, 2 large frypans

NOTES

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

Got fussy eaters at home? Then keep carrots, celery 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 **2 tsp curry powder** and cook for further 1 minute.



3. ADD THE VEGETABLES

Grate or chop the carrot, dice celery and quarter cherry tomatoes, adding to the 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 tsp cumin**, 1 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 half the lemon (wedge remaining) and season with **salt and pepper** to taste.



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

