




Product Spotlight: Black Rice


Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



1 Katsu Fish with Black Rice

Crispy corn flake crumbed fish fillets on a bed of black rice with a cucumber salad and curry sauce.

 35 minutes

 4 servings

 Fish

20 July 2020

Spice it up!

Add a crushed garlic clove or 1 tsp grated fresh ginger to the curry sauce for extra depth of flavour. You can also use sesame oil and rice wine vinegar in your salad for a more authentic flavour.

Per serve: **PROTEIN** 32g **TOTAL FAT** 19g **CARBOHYDRATES** 79g

FROM YOUR BOX

BLACK RICE	300g
BROWN ONION	1/2 *
CARROTS	2
CONTINENTAL CUCUMBER	1
SNOW PEAS	1/2 bag (125g) *
CORNFLAKES	1 packet (100g)
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, curry powder, flour (of choice), stock cube (1), white wine vinegar

KEY UTENSILS

frypan, saucepan, small saucepan

NOTES

If you have rice wine vinegar and sesame oil you can use that to dress the salad for a more authentic flavour.

For a finer crumb, use a small processor to crush the cornflakes, otherwise you can crush them by hand in the packet.

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 water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



2. MAKE THE SAUCE

Dice onion and grate 1 carrot. Sauté in a saucepan with **oil** over medium heat for 5 minutes. Add **2 tsp curry powder**, **1 tbsp flour** and **1 stock cube**. Stir in **2 cups water** and simmer for 10 minutes. Add **1 tsp vinegar** and season to taste with **salt and pepper**.



3. PREPARE THE SALAD

Ribbon 1 carrot, and cucumber using a vegetable peeler. Trim and slice snow peas. Toss together with **1 tbsp vinegar** and **1 tbsp oil** (see notes). Set aside.



4. PREPARE THE FISH

Crush the cornflakes to resemble a crumb (see notes). Coat fish with **oil**, **salt and pepper**. Roll in cornflakes to coat.



5. COOK THE FISH

Heat a frypan over medium-high heat with **2 tbsp oil**. Cook fish for 3-4 minutes each side until golden and cooked through.



6. FINISH AND PLATE

Divide rice, fish and salad among plates. Spoon over 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**

