



Product Spotlight: Sushi Rice

Sushi is made using a special Japanese white hulled rice, commonly called sushi rice. It is high-quality, short-grain rice that is sticky and slightly sweet.



Cantonese Steamed Fish

White fish fillets steamed and served over sushi rice with a rainbow of fresh vegetables, Cantonese-style sauce and slices of fresh red chilli.



25 minutes



2 servings

Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	3g	82g

FROM YOUR BOX

SUSHI RICE	150g
SPRING ONIONS	1 bunch
RED CHILLI	1
CARROT	1
SNOW PEA SPROUTS	1 packet
WHITE FISH FILLETS	1 packet
GINGER	1 piece
HOISIN SAUCE	1 packet

FROM YOUR PANTRY

sesame oil, salt

KEY UTENSILS

frypan, 2 saucepans, steam basket

NOTES

For seasoned sushi rice, add 1/4 cup rice wine vinegar and 1 tbsp sugar to cooked rice. Use a wooden spoon to break up any lumps in the rice and mix in the seasoning.

Remove seeds from chilli for a milder heat.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **650ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed (see notes).



2. PREPARE THE VEGETABLES

Fill a saucepan half full of water and bring to a boil.

Thinly slice spring onions (reserve green tops for garnish) and red chilli (see notes). Julienne or thinly slice carrot. Set aside with snow pea sprouts.



3. STEAM THE FISH

Coat fish fillets with **2 tsp sesame oil** and **salt**. Add to a lined steam basket. Place steam basket over boiling water. Cover and cook, in batches if necessary, for 4-5 minutes until fish is cooked through.



4. PREPARE THE SAUCE

Heat a small frypan over medium-high heat with **sesame oil**. Peel and grate ginger. Add to pan as you go along with spring onions. Cook for 3 minutes. Add hoisin sauce and **1/3 cup water**. Cook for a further minute to warm.



5. FINISH AND SERVE

Divide rice among shallow bowls. Add fish fillets and spoon over sauce. Top with fresh vegetables. Garnish with spring onion green tops and red chilli.



Scan the QR code to
submit a Google review!

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**

