

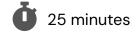




# Cashew Fish Stir-Fry

# with Brown Basmati Rice

This quick and easy stir-fry is packed with veggies and cashews tossed in a hoisin based sauce and served with pan-fried garlic white fish fillets.





2 servings



# Spice it down!

To reduce the spice in this dish, remove the seeds from the chilli before slicing to serve. Alternatively, omit the chilli.

TOTAL FAT CARBOHYDRATES

35g

80g

#### FROM YOUR BOX

BROWN BASMATI RICE	150g
GINGER	1 piece
HOISIN SAUCE	50ml
GARLIC CLOVES	2
WHITE FISH FILLETS	1 packet
SPRING ONIONS	1 bunch
RED CAPSICUM	1
BROCCOLI	1
CASHEWS	60g
	_
RED CHILLI	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, white wine vinegar

#### **KEY UTENSILS**

saucepan, frypan

#### **NOTES**

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!





#### 1. COOK THE RICE

Place rice in a saucepan, cover with 300ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



#### 2. PREPARE THE SAUCE

Peel and grate ginger (see notes). Add to a bowl along with hoisin sauce, 1 crushed garlic clove, 1 tsp cornflour, 2 tsp vinegar, 1/2 cup water and pepper. Whisk to combine.



#### 3. COOK THE FISH FILLETS

Heat a frypan over medium-high heat. Coat fish in oil, salt, pepper and 1 crushed garlic clove. Add to pan and cook for 2-4 minutes each side. Remove from pan and keep pan over heat (see step 4).



## **4. STIR-FRY THE VEGETABLES**

While the fish cooks, slice spring onions into 3cm pieces (reserve green tops for garnish). Slice capsicum and cut broccoli into florets.

Add vegetables to reserved pan and stirfry for 3 minutes.



## **5. ADD SAUCE & CASHEWS**

Stir in sauce to pan. Cook for a further 2 minutes to warm through. Roughly chop and add cashews.



#### 6. FINISH AND SERVE

Thinly slice chilli.

Divide rice among plates. Serve with cashew stir-fry, pan-sauces and fish fillets. Garnish with reserved spring onion green tops and chilli.

**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 **O481 072 599** or send an email to **hello@dinnertwist.com.au** 



