



Product Spotlight: Cashews

Cashews contain more iron than any other nut. Their healthy, heart-friendly monounsaturated fats can help increase the good cholesterol in the blood.



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.



25 minutes



2 servings



Fish

Spice it down!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	19g	55g

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 stir-fry 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**.



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