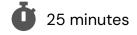


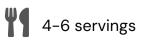




# **Cantonese Steamed Fish**

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







# Switch it up!

No steam basket? No worries! Pan-fry the fish fillets or wrap and bake them in paper parcels instead of steaming.

#### FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
SPRING ONIONS	1 bunch	2 bunches
RED CHILLI	1	1
CARROTS	2	3
SNOW PEA SPROUTS	1 packet	1 packet
WHITE FISH FILLETS	2 packets	3 packets
GINGER	1 piece	2 pieces
HOISIN SAUCE	1 tub	2 tubs

#### 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.

6P – use 1/3 cup rice wine vinegar and 1 1/2 tbsp sugar for the rice.

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 low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed (see notes).

6P - Use 975ml water for the rice.



## 2. PREPARE THE VEGETABLES

Fill a saucepan **half full of water** and bring to a boil (for steaming).

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



### 3. STEAM THE FISH

Coat fish fillets with 1-2 tbsp 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 **1/2 cup water**. Cook for a further minute to warm.

6P - Use 3/4 cup water.



# 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.





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