

**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



4-6 servings



Fish

Switch it up!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	31g	6g	58g

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**.



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