



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



4 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
	32g	10g	70g

FROM YOUR BOX

BROWN BASMATI RICE	300g
GINGER	1 piece
HOISIN SAUCE	100ml
GARLIC CLOVES	2
WHITE FISH FILLETS	2 packets
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, large 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 **600ml 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, **2 tsp cornflour**, **1 tbsp vinegar**, **1 cup water** and **pepper**. Whisk to combine.



3. COOK THE FISH FILLETS

Heat a large 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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