



### 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
	40g	10g	91g

## 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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