




Product Spotlight: Catalano's Seafood


This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



Coconut Fish with Salsa and Mint Sauce

White fish fillets coated in shredded coconut, pan-fried to golden perfection, served over basmati rice with a fresh lime salsa and mint sauce.

 30 minutes

 4 servings

 Fish

Skip it!

Instead of coating the fish with the coconut, you can toast it in a dry frypan until golden, or leave as is, and use to garnish the finished dish.

Per serve: **PROTEIN** 32g **TOTAL FAT** 9g **CARBOHYDRATES** 79g

FROM YOUR BOX

BASMATI RICE	300g
SHREDDED COCONUT	40g
WHITE FISH FILLETS	2 packets
LIME	1
LEBANESE CUCUMBER	2
TOMATO	2
SHALLOT	1
MANGO	1
MINT	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

KEY UTENSILS

frypan, saucepan, stick mixer (or small blender)

NOTES

If coconut coating on fish begins to brown quickly or looks like it may burn, reduce to medium heat and cook for 1-2 minutes longer on each side, or until fish is cooked through.

Want to skip the stick mixer? Make a mint dressing by finely chopping mint and mixing with remaining ingredients.



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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. COAT THE FISH

Coat **fish** with **oil**, **2 tsp coriander**, **salt**, **pepper**. Sprinkle **coconut** on a plate and press fish fillets into coconut to coat.



3. PREPARE THE SALSA

Zest **lime** (reserve remaining lime for step 5) and crescent **cucumbers**. Dice **tomatoes** and **shallot**. Add to a bowl as you go. Season to taste with **salt and pepper**.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Add fish and cook for 2-4 minutes each side (see notes) until coconut is golden and fish is cooked through.



5. MAKE MINT SAUCE

Use a stick mixer (see notes) to blend juice from 1/2 lime (wedge remaining), **3 tbsp water**, **3 tbsp olive oil**, **3/4 bunch mint** (including tender stems) to smooth consistency. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide rice among shallow bowls. Add coconut fish and salsa. Serve with mint sauce and lime wedges, garnish with reserved mint leaves.

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**

