



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



4/6 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** 14g **CARBOHYDRATES** 45g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
SHREDDED COCONUT	40g	40g + 20g
WHITE FISH FILLETS	2 packets	3 packets
LIME	1	2
LEBANESE CUCUMBERS	2	3
TOMATOES	2	3
MANGO	1	2
MINT	1 packet	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.



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.

6P – Use 900ml water for the rice.



2. COAT THE FISH

Coat **fish** with **oil**, **2–3 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**. Wedge **tomatoes**. Add to a bowl as you go. Season to taste with **salt and pepper**.

Slice **mango** and keep separate.



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 with **salt and pepper**.

6P – Blend juice from 1 lime, 4 tbsp water, 4 tbsp olive oil and 3/4 bunch mint.



6. FINISH AND SERVE

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



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