



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ginger

Store your ginger in the freezer! Peel or scrub first before you store. When needed take out a piece and grate while still frozen, it's actually easier than grating fresh!



1 Masala Fish with Red Rice

Warmly spiced fish cooked with ginger and garam masala, served with red rice and a refreshing cucumber raita.

 30 minutes

 4 servings

 Fish

6 July 2020

Spice it up!

Ground cardamom, coriander or cumin are also flavours that work well with this dish! If you have any black mustard seeds, try adding 1 tsp to the aromatics for more depth of flavour.

Per serve: **PROTEIN** 33g **TOTAL FAT** 10g **CARBOHYDRATES** 77g

FROM YOUR BOX

RED RICE	300g
CONTINENTAL CUCUMBER	1/2 *
NATURAL YOGHURT	1 cup *
LEMON	1/2 *
GINGER	40g
BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
WHITE FISH FILLETS	2 packets
BABY SPINACH	1/2 bag (100g) *
SNOW PEA SPROUTS	1/3 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, ground turmeric, garam masala, fennel seeds

KEY UTENSILS

large frypan, saucepan

NOTES

Use coconut oil or butter instead of oil for a richer flavour.

Rinse the fish fillets before using to remove any stray scales.

No fish option - white fish fillets are replaced with diced chicken breast. Add to pan at the same time as the vegetables in step 4.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. MAKE THE RAITA

Dice cucumber. Combine with yoghurt and season with **salt and pepper**. Set aside.

Wedge lemon.



3. SAUTÉ THE AROMATICS

Peel and grate the ginger. Slice onion. Add to a frypan over medium heat with **2 tbsp oil** (see notes). Cook for 5 minutes until softened. Add **1 tsp fennel seeds, 2 tbsp garam masala** and **1/2 tbsp turmeric** along with more oil if needed.



4. ADD VEGETABLES

Slice capsicum and chop tomatoes. Add to pan and increase heat to medium-high. Cook for 6–8 minutes until tomatoes break down.



5. ADD THE FISH

Cut fish fillets into bite size pieces. Add to pan and cook for 5 minutes or until cooked through. Stir through **3/4 cup water** and spinach until wilted. Season with **salt and pepper** to taste.



6. FINISH AND PLATE

Divide rice, fish masala and raita among plates. Serve with lemon wedges and garnish with snow pea sprouts.

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

