



Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



Ginger Lime Fish

with Coconut Rice

Pan-fried fish fillets served over coconut rice with fresh and crunchy vegetables and a ginger lime dressing.



20 minutes



2 servings



Fish

5 May 2023

Spice it up!

*This dish would love some chilli!
Add a few slices of fresh chilli, a
sprinkle of dried chilli flakes, or
a drizzle of chilli oil.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	27g	38g

FROM YOUR BOX

BASMATI RICE	1 packet (150g)
TINNED COCONUT MILK	165ml
LIME	1
GINGER	40g
WHITE FISH FILLETS	1 packet
LEBANESE CUCUMBER	1
AVOCADO	1
SNOW PEA SPROUTS	1 punnet

FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Peel the ginger with a teaspoon. It is easier to get around all the lumps and bumps!



1. MAKE THE COCONUT RICE

Add rice to a saucepan along with coconut milk, **1 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to low heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

Zest lime. Add to a bowl along with juice of 1/2 lime (wedge remaining). Peel and grate ginger (see notes). Add to bowl along with **2 tbsp soy sauce**, **2 tbsp sesame oil** and **pepper**. Whisk to combine.



3. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Coat fish with 1/2 tbsp prepared dressing. Add to pan and cook for 2–4 minutes each side until cooked through.



4. PREPARE THE TOPPINGS

Thinly slice cucumber. Slice avocado. Set aside with sprouts and lime wedges.



5. FINISH AND SERVE

Divide coconut rice among bowls. Top with fish and prepared toppings. Serve with dressing and lime wedges.

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**

