



Product Spotlight: Coriander

All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Mexican Fish with Coriander Rice Salad

Fish fillets coated in Mexican spice mix and served over brown basmati rice tossed with charred corn and a lime and coriander dressing, finished with slices of red chilli.



30 minutes



2 servings



Fish

28 April 2023

Switch it up!

Add some natural yoghurt, sour cream or mayonnaise, or blended avocado to the dressing for a creamy dressing.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	17g	50g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (150g)
CORIANDER	1 packet
LIME	1
CORN COB	1
WHITE FISH FILLETS	1 packet
MEXICAN SPICE MIX	1 packet
RED CABBAGE	1/4
RED CHILLI	1
TOMATO	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

If desired, you can cook the corn cob on the BBQ to get a nice char flavour.



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE DRESSING

Finely chop coriander stems (reserve leaves for garnish). Zest lime and juice half (wedge remaining). Add to a large bowl along with **1 tbsp vinegar**, **2 tbsp olive oil**, **salt and pepper**. Whisk to combine.



3. CHAR THE CORN

Heat a frypan over medium–high heat with **oil** (see notes). Remove corn kernels from cob. Cook in pan over medium–high heat for 3–4 minutes, or until charred. Add corn to dressing bowl and keep pan over heat.



4. COOK THE FISH FILLETS

Coat fish fillets in **oil**, Mexican spice mix, **salt and pepper**. Add to pan and cook for 2–4 minutes each side until cooked through.



5. TOSS THE RICE

Finely slice cabbage and chilli, set aside. Dice tomato. Add to dressing bowl along with cooked rice. Toss to combine well. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide cabbage among plates. Top with tossed rice and fish. Garnish with chilli slices and coriander leaves.



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