



### Product Spotlight: Lime

Before cutting, roll the lime between your palm and bench top, tenderising the fruit and making it easier to juice!



## BBQ Jerk Fish

### with Coconut and Nectarine

White fish fillets BBQ'd with jerk seasoning and served with nectarines and fresh vegetables over brown basmati rice with lime and coconut dressing.



30 minutes



4 servings



Fish

30 December 2022

## Switch it up!

*Make coconut rice! Use coconut milk to make up some of the cooking liquid for the rice. Add olive oil to lime zest and juice to make dressing.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	21g	72g

## FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
NECTARINES	2
WHITE FISH FILLETS	2 packets
JERK SPICE MIX	1 sachet
LIME	1
TINNED COCONUT MILK	165ml
GREEN CAPSICUM	1
TOMATOES	2
SHAVED COCONUT	1 packet (60g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

BBQ (or griddle pan), saucepan

## NOTES

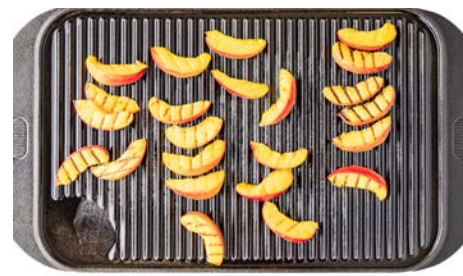
To save time, leave the nectarine fresh. Move straight onto cooking the fish. Dice fresh nectarine at step 5.

To help stop the fish from sticking to the BBQ, coat it in mayonnaise instead of oil.



### 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 and stand for 5 minutes. Stir carefully with a fork.



### 2. BBQ THE NECTARINE

Heat a BBQ over medium-high heat (see notes). Wedge nectarines and coat with **oil**. Add to BBQ and cook for 2 minutes each side. Remove from BBQ.



### 3. BBQ THE FISH

Coat fish fillets in **oil** (see notes), jerk seasoning, **salt and pepper**. Add to BBQ and cook for 2-4 minutes each side until cooked through.



### 4. MAKE THE LIME DRESSING

Zest lime. Add to a bowl along with juice from 1/2 lime (wedge remaining and set aside). Pour in coconut milk. Season with **salt and pepper**. Whisk to combine.



### 5. PREPARE FRESH VEGGIES

Dice capsicum and tomatoes.



### 6. FINISH AND SERVE

Divide rice among bowls. Drizzle over lime dressing. Top with fish fillets, fresh veggies and shaved coconut.

**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**

