



### Product Spotlight: Cashews

Cashews contain more iron than any other nut. Their healthy, heart-friendly monounsaturated fats can help increase the good cholesterol in the blood.



## Cashew Fish Stir-Fry

### with Brown Basmati Rice

This quick and easy stir-fry is packed with veggies and cashews tossed in a homemade sauce and served with pan-fried garlic white fish fillets.



25 minutes



4 servings



Fish

28 July 2023

## Spice it down!

*To reduce the spice in this dish, remove the seeds from the chilli before slicing to serve. Alternatively, omit the chilli.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	10g	70g

## FROM YOUR BOX

BROWN BASMATI RICE	300g
GINGER	1 piece
CASHEWS	60g
GARLIC CLOVE	1
WHITE FISH FILLETS	2 packets
SPRING ONIONS	1 bunch
RED CAPSICUM	1
BROCCOLI	1
RED CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, oyster sauce, white wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use a teaspoon to peel your ginger easily; this will help to get in between and over any bumps!

Substitute oyster sauce with a mix of soy sauce and sweetener such as honey, maple syrup, sugar or sweet chilli sauce.



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### 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. PREPARE THE SAUCE

Peel and grate ginger (see notes). Add to a bowl along with **3 tbsp oyster sauce**, **2 tbsp vinegar**, **1 tbsp water** and **pepper**. Whisk to combine.

Roughly chop cashews and set aside.



### 3. COOK THE FISH FILLETS

Heat a large frypan over medium-high heat. Crush garlic. Coat fish in **oil**, **salt**, **pepper** and crushed garlic. Add fish to pan and cook for 2–4 minutes each side. Remove from pan and keep pan over heat (see step 4).



### 4. STIR-FRY THE VEGETABLES

While the fish cooks, slice spring onions into 3cm pieces (reserve green tops for garnish). Slice capsicum and cut broccoli into florets. Add vegetables to reserved pan and stir-fry for 3 minutes.



### 5. ADD THE SAUCE

Add sauce and chopped cashews to pan. Cook for 2 minutes to warm through.



### 6. FINISH AND SERVE

Thinly slice chilli.

Divide rice among plates. Serve with cashew stir-fry and fish fillets. Garnish with reserved spring onion green tops and chilli.

**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**

