



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Capsicum

Capsicum is an excellent source of vitamin C needed for tissue growth and repair all over your body. It also helps the body produce collagen, which gives our skin strength and elasticity.



Add to it!

You can customise this dish by adding some toppings at the end. Try chopping fresh herbs such as coriander, mint or oregano. You can also crumble over some feta or goat's cheese or add a dollop of sour cream.

R4

Fish Fillets in Enchilada Sauce

with Lime Salsa

Fish fillets and veggies cooked in a homemade enchilada sauce served over nutty brown rice with fresh and zingy lime salsa.



30 minutes



4 servings



Fish

4 November 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	2g	36g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
BROWN ONION	1
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
TOMATO PASTE	1 sachet
WHITE FISH FILLETS	2 packets
LIME	1
LEBANESE CUCUMBER	1
TOMATOES	2

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, smoked paprika, ground cumin

KEY UTENSILS

large frypan with lid, saucepan

NOTES

For extra flavour, crumble a stock cube into the sauce or add a few dashes of hot sauce, some diced jalapeño or dried chilli flakes.

Before adding it to the pan, rinse the fish with cold water and pat dry.



1. COOK THE RICE

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



2. COOK THE VEGETABLES

Heat a large frypan over medium–high heat with **oil**. Slice onion and capsicums. Add to pan and cook, stirring, for 2 minutes.



3. SIMMER THE SAUCE

Add tomato paste to pan along with **1 tbsp smoked paprika** and **2 tsp cumin** (see notes). Stir to combine. Whisk together **1 1/2 cups water** and **2 tbsp cornflour**. Pour into pan and simmer for 3–4 minutes until beginning to thicken.



4. ADD THE FISH

Dice fish fillets (see notes). Add to frypan and stir to combine. Cook, covered, for 3–6 minutes until fish is cooked through. Season to taste with **salt and pepper**.



5. MAKE THE SALSA

Zest lime and juice 1/2 (wedge remaining). Dice cucumber and tomatoes. Add to a bowl, with lime zest, as you go. Toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Divide rice among bowls. Spoon over fish and vegetables. Top with salsa. Serve with 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**

