



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Red Chilli


Chillies are rich in vitamin C and boost your metabolism; this is why you feel warm when you eat them. Don't forget to wash your hands well after preparing them!



R4 Salt and Pepper Fish with Pear Coleslaw

Crispy salt and pepper fish fillets served with pear coleslaw, rice paper puffs, roasted peanuts and slices of fresh red chilli.

 25 minutes

 4 servings

 Fish

9 December 2022

Switch it up!

Turn this dish into rice paper rolls. Use the dressing as a dipping sauce, follow the packet instructions to prepare the rice paper rounds to make rolls, fill with salad, fish fillets and peanuts.

Per serve: **PROTEIN** 30g **TOTAL FAT** 17g **CARBOHYDRATES** 50g

FROM YOUR BOX

PEARS	2
RED CAPSICUM	1
KALE COLESLAW	1 bag (400g)
RED CHILLI	1
ROASTED PEANUTS	1 packet (80g)
WHITE FISH FILLETS	2 packets
RICE PAPER ROUNDS	1 packet

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, apple cider vinegar, cornflour (see notes)

KEY UTENSILS

2 frypans

NOTES

Rice flour or tapioca flour are both great alternatives to cornflour.

Remove seeds from the chilli for a milder dish.

These measurements are based on salt flakes and cracked black pepper. If you are using fine salt or ground pepper, halve the quantities.

White pepper is a great alternative to cracked black pepper when cooking for fussy eaters.



1. MAKE THE DRESSING

Add **2 tbsp sesame oil**, **3 tbsp vinegar**, **salt and pepper** to a large bowl. Whisk to combine.



2. PREPARE THE SALAD

Thinly slice pears and capsicum. Add to dressing bowl along with kale coleslaw. Toss well to combine.

Thinly slice chilli (see notes) and chop peanuts. Set aside.



3. COAT THE FISH

Add **1/3 cup cornflour**, **1 tsp salt** and **1 tsp pepper** (see notes) to a plate to make coating. Whisk gently to combine. Press fish fillets into flour to coat.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Add fish and cook for 2-4 minutes each side until cooked through.



5. CRISP RICE PAPER ROUNDS

Meanwhile, heat a second frypan over medium-high heat with **1/2 cup oil**. When **oil** is hot, add rice paper rounds (1 at a time) to pan for 10 seconds until puffed. Use tongs to remove to a plate lined with paper towel. Repeat with remaining rounds.



6. FINISH AND SERVE

Divide rice paper puffs among plates along with fish fillets and salad. Sprinkle over peanuts and garnish with red 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

