



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ricotta

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded – in other words a great sustainable product!



R4

Zesty Fish Schnitzels

with Whipped Ricotta and Black Rice Salad

White fish fillets cooked with lemon zest, served over a perfect spring black rice salad with whipped ricotta.



25 minutes



4 servings



Fish

2 September 2022

Switch it up!

Instead of whipping your ricotta you can crumble it over your vegetables on the oven tray and bake it. Add the fish as well to cut down on dirty dishes!

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**
0g 0g 0g

FROM YOUR BOX

BLACK RICE	1 packet (300g)
RED ONION	1
DUTCH CARROTS	1 bunch
LEMON	1
RICOTTA	1 tub
WHITE FISH FILLETS	2 packets
ROCKET LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds (see notes)

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

If you don't have fennel seeds replace with cumin seeds or coriander seeds.

Remaining ricotta can be used to stir through pasta, add to a quiche, top pancakes, make a cheesecake or as a substitute for yoghurt with your muesli.

Honey and dried chilli flakes would make a great addition to your whipped ricotta.



1. COOK THE RICE

Set oven to 220°C.

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 with cold water.



2. ROAST THE VEGETABLES

Trim dutch carrots and halve any larger ones, wedge red onion. Toss on a lined oven tray with **oil, 2 tsp fennel seeds, salt and pepper**. Roast for 15–20 minutes or until carrots are tender.



3. WHIP THE RICOTTA

Zest lemon (reserve for step 4). Use a stick mixer to whip 1/2 tub ricotta (see notes) with juice from 1/2 lemon (slice remaining for garnish). Season with **salt and pepper**.



4. COOK THE FISH

Heat a large frypan over medium-high heat. Coat fish in **oil**, lemon zest, **salt and pepper**. Add to pan and cook for 2–4 minutes each side or until cooked through.



5. FINISH AND SERVE

Arrange black rice and roasted vegetables on a platter. Top with rocket leaves and fish. Dot over whipped ricotta. Garnish with lemon slices.

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**

