



### Product Spotlight: Sesame Seeds

These little white or black seeds add flavour and crunch to salads, noodles, stir-fries, and baked goods, and they're high in copper, manganese and calcium. Toast in a dry frypan to bring out their subtle nutty flavour.



## Sesame Crusted Fish with Sweet Chilli Lime Dressing

Fish fillets coated in sesame seeds and cooked in the pan until golden, served on top of sticky rice with stir-fried vegetables and finished with a sweet chilli lime dressing.



25 minutes



2 servings



Fish

24 February 2023

## Remove the spice!

*You can use sesame oil and some honey in the dressing instead of sweet chilli sauce if you prefer less spice!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	8g	84g

## FROM YOUR BOX

SUSHI RICE	150g
LIME	1
WHITE FISH FILLETS	1 packet
MIXED SESAME SEEDS	1 packet
RED CAPSICUM	1
GREEN BEANS	1 bag (150g)
BEAN SHOOTS	1 bag

## FROM YOUR PANTRY

oil for cooking, soy sauce, sweet chilli sauce, 1 garlic clove

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can use sesame oil or coconut oil for extra fragrance. Keep the bean shoots fresh if preferred.



### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with **300ml water**. Cover and bring to a boil. Reduce heat immediately to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



### 2. PREPARE THE DRESSING

Combine zest and juice from 1/2 lime (wedge remaining) with **2 tbsp sweet chilli sauce**, **1 tbsp soy sauce** and **2 tbsp water**. Set aside.



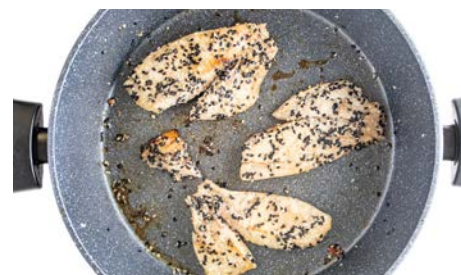
### 3. PREPARE THE FISH

Coat fish with **1/2 tbsp soy sauce**. Press into sesame seeds until coated on both sides. Set aside.



### 4. STIR-FRY THE VEGETABLES

Slice capsicum. Trim and halve green beans. Heat a frypan over medium-high heat with **oil** (see notes). Add vegetables along with **1 crushed garlic clove**. Cook for 2-3 minutes until just tender. Stir through bean shoots to taste until wilted. Remove from pan.



### 5. COOK THE FISH

Add **oil** to pan. Cook fish for 3-4 minutes each side or until cooked through.



### 6. FINISH AND SERVE

Serve fish on rice along with stir-fried vegetables and a lime wedge. Spoon over dressing to taste.

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