



Product Spotlight: Lemon Melaleuca

Lemon Melaleuca, or Gulbarn as known by the Alawa people, is a native Australian plant used in bush medicine for thousands of years. Glen from GH Produce has developed a beautiful

spice mix using this herb, which adds a unique, zesty flavour to your dishes.



Lemon Melaleuca Fish with Coconut Rice & Cucumber Salad

Sweet, creamy coconut rice paired with pan-fried Lemon Melaleuca fish fillets and a refreshing cucumber, snow pea and mint salad.



25 minutes



2 servings



Fish

Make a curry!

Use the lemon melaleuca spice mix together with the coconut milk for a delicious, light curry base! Poach the fish in the curry and add veggies of choice. Serve over basmati rice with the mint and cucumber salad.

Per serve: **PROTEIN** 37g **TOTAL FAT** 29g **CARBOHYDRATES** 88g

FROM YOUR BOX

BASMATI RICE	150g
COCONUT MILK	165ml
LIME	1
SNOW PEAS	150g
MINT	1 packet
LEBANESE CUCUMBER	1
WHITE FISH FILLETS	1 packet
LEMON MELALEUCA SPICE MIX	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

saucepan, frypan

NOTES

Thinly slice or dice cucumber if preferred.

Use the remaining lemon Melaleuca spice mix for a rub on chicken or fish, alternatively in a curry (see opposite side for tips!)

Serve with slices of fresh chilli and toasted coconut if you have some!



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1. COOK THE RICE

Place rice and coconut milk in a saucepan. Add **1 cup water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 15 minutes or until water has absorbed. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



4. SEASON & COOK THE FISH

Coat fish with **oil** and 1/2 packet spice mix (see notes). Heat a frypan with **oil** over medium-high heat and add fish. Cook for 2-4 minutes each side, or until cooked through.



2. MAKE THE DRESSING

Add lime zest and juice from 1/2 lime (wedge remaining) to a serving bowl along with **1 tbsp olive oil, salt and pepper**.



3. MAKE CUCUMBER SALAD

Trim and slice snow peas and mint leaves (reserve some for garnish if desired). Use a vegetable peeler to ribbon cucumber (see notes). Add to lime dressing and toss to dress.



5. FINISH AND SERVE

Evenly divide rice among plates. Add fish fillets and top with cucumber salad. Serve with lime wedges and garnish with any reserved mint leaves (see notes).

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