



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



4 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
	32g	8g	72g

FROM YOUR BOX

SUSHI RICE	300g
LIME	1
WHITE FISH FILLETS	2 packets
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 **600ml 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 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 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. Spoon over dressing to taste.

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**

