



Product Spotlight:
Lime

Did you know? Seedless limes are classified as parthenocarpic fruit, meaning the flowers don't require pollen to make fruit. While some fruits are bred to have no seeds, seedless limes grow naturally!



Baked Brazilian Fish with Rice

White fish fillets baked in coconut milk with lime juice and paprika and served with fluffy basmati rice.



30 minutes



4 servings



Fish

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Switch it up!

You can use the coconut milk and rice to make coconut rice instead! Pan-cook the fish and serve it with fresh chopped salsa using the vegetables and coriander.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	19g	71g

FROM YOUR BOX

WHITE FISH FILLETS	2 packets
LIME	1
GREEN CAPSICUM	1
YELLOW CAPSICUM	1
RED ONION	1
TOMATOES	2
COCONUT MILK	400ml
BASMATI RICE	300g
CORIANDER	1 packet

FROM YOUR PANTRY

salt, pepper, ground paprika

KEY UTENSILS

oven dish, saucepan with lid

NOTES

Rinse and pat fish dry before using.

You can use foil or an oven tray to cover the dish.



1. PREPARE THE FISH

Set oven to 220°C.

Cut fish into bite-sized pieces (see notes). Toss fish in a bowl with zest and juice from 1/2 lime (wedge remaining), **1 tsp paprika, salt and pepper**.



2. PREPARE THE VEGETABLES

Slice capsicums, onion and tomatoes. Arrange in an oven dish.



3. BAKE VEGETABLES AND FISH

Transfer fish and any lime juice from bowl to oven dish. Pour over coconut milk. Season with **1 tsp paprika, salt and pepper**. Cover dish and bake in oven for 10 minutes (see notes).



4. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



5. FINISH THE TRAYBAKE

Uncover oven dish and bake for a further 10 minutes, or until fish is cooked through.



6. FINISH AND SERVE

Divide rice among bowls, spoon traybake with sauce on top. Garnish with chopped coriander and serve with lime wedges.



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