



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coconut Milk

Coconut milk is the liquid that comes from blending coconut flesh with water. It gives a great background flavour to curries and dressings.



S4

Golden Fish

with Coconut Rice and Mint Salsa

Fragrant coconut rice served with curried white fish fillets, cooked until golden and finished alongside a fresh tomato, cucumber and mint salsa and garnished with toasted coconut.



20 minutes



4 servings



Fish

7 October 2022

Make a curry!

You can transform this dish into a curry if you prefer a warmer meal! Dice and cook the tomato and fish with curry powder and coconut milk. Add any extra veggies. Serve with fresh avocado and cucumber on the side.

FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	400ml
TOMATOES	2
LEBANESE CUCUMBER	1
AVOCADO	1
MINT	1 packet
SHAVED COCONUT	1 packet
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, sweet chilli sauce

KEY UTENSILS

large frypan, saucepan with lid

NOTES

You can toss the salsa with 1/2 tbsp sesame oil or soy sauce if you want more flavour but less heat.

Curry powder can vary in strength and spiciness, so use yours accordingly.



1. COOK THE COCONUT RICE

Place rice, coconut milk and **1 tin water (400ml)** into a saucepan, season with **salt**. Bring to a boil, stir, then reduce heat to medium-low. Simmer, covered, for 10-12 minutes. Take off heat and allow to stand, covered, for 5 minutes.



2. PREPARE THE SALSA

Dice tomatoes, cucumber and avocado. Slice mint leaves. Toss together with **1 tbsp sweet chilli sauce** (see notes).



3. TOAST THE COCONUT

Heat a dry frypan over medium-high heat. Add coconut and toast for 2-3 minutes. Remove from pan and keep pan on heat.



4. COOK THE FISH

Coat fish with **2-3 tsp curry powder** (see notes), **oil, salt and pepper**. Cook fish in frypan for 2-3 minutes each side or until cooked through.



5. FINISH AND SERVE

Divide rice among shallow bowls. Serve with fish and salsa. Garnish with toasted coconut.

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**

