

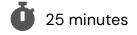




Lemon Melaleuca Fish

with Coconut Rice

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







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.

TOTAL FAT CARBOHYDRATES

25g

46g

FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	400ml
LIME	1
SNOW PEAS	150g
MINT	1 packet
LEBANESE CUCUMBERS	2
WHITE FISH FILLETS	2 packets
KIMBERLEY 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.

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



1. COOK THE RICE

Place rice and coconut milk in a saucepan. Add 1 1/2 cups 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.



2. MAKE THE DRESSING

Add **lime** zest and juice from <u>1/2 lime</u> (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 **cucumbers** (see notes). Add to **lime dressing** and toss to dress.



4. SEASON & COOK THE FISH

Coat **fish** with **oil** and **spice mix**. Heat a large frypan with **oil** over medium-high heat and add **fish**. Cook for 2-4 minutes each side, or until cooked through.



5. FINISH AND SERVE

Evenly divide **coconut 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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