



### 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



4 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: | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|            | 34g            | 24g              | 77g                  |

## 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 |
| 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.

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.



### 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.



### 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 cucumbers (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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