



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Desiccated Coconut

Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



1 Coconut Fish with Pickled Vegetables

White fish fillets crumbed in desiccated coconut, served with lime pickled vegetables and crispy rice paper rounds.



30 minutes



2 servings



Fish

1 October 2021

Switch it up!

Use your ingredients to make fresh rice paper rolls. The dressing can be used as a dipping sauce and the other prepared ingredients can be used as fillings.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	15g	81g

FROM YOUR BOX

LEMONGRASS	1
LIME	1
CARROT	1
GREEN CAPSICUM	1/2 *
DAIKON	1
SPRING ONIONS	1/3 bunch *
RICE PAPER ROUNDS	1 packet
DESICCATED COCONUT	1 packet (40g)
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari)

KEY UTENSILS

2 frypans

NOTES

Any neutral oil will work well for this recipe.

Feel free to add a little sweetener, like honey or maple syrup, to the dressing if you like.

No fish option – white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. MAKE THE DRESSING

Trim, beat and thinly slice lemongrass. Add to a large bowl with lime zest and juice and **2 tbsp soy sauce**. Mix to combine (see notes).



2. PICKLE THE VEGETABLES

Ribbon carrot, thinly slice capsicum and julienne or grate daikon. Thinly slice spring onions, reserve some green tops for garnish. Add to bowl with dressing. Toss to combine.



3. CRISP THE RICE PAPER

Heat a frypan over high heat with **oil**. When **oil** is hot place rice paper rounds in pan (1 at a time) for 2 seconds until puffed up. Remove to a plate.



4. COOK THE FISH

Spread coconut onto a plate. Coat fish in **oil, salt and pepper** then press into coconut to crumb. Heat a second frypan over medium-high heat with **oil**. Cook fish for 3–5 minutes on each side until cooked through.



5. FINISH AND SERVE

Serve rice paper crisps on plates, fill with dressed vegetables, top with coconut fish and garnish with green spring onion tops.

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**

