



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Black Rice


Black rice has many characteristics such as being low in carbohydrates, high in fibre and a source of protein.



1 Thyme Fish with Black Rice Salad

Nutty black rice salad made up of sautéed cherry tomatoes and green beans, fresh crunchy cabbage and pan-fried white fish fillets seasoned with dried thyme.

 30 mins

 2 servings

 Fish

16 April 2021

Warm it up!

Are you feeling ready for a more cozy, wintery meal? Instead of adding the cabbage to the salad fresh, sauté it in the pan with the other vegetables, just add an extra 2 minutes cooking time.

Per serve: **PROTEIN** 31g **TOTAL FAT** 19g **CARBOHYDRATES** 62g

FROM YOUR BOX

BLACK RICE	150g
GREEN BEANS	1/2 bag (75g) *
CHERRY TOMATOES	1/2 bag (100g) *
BABY WOMBOK CABBAGE	1/2 * (use to taste)
RED CAPSICUM	1/2 *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, red wine vinegar, dried thyme

KEY UTENSILS

large frypan, saucepan

NOTES

If you are after a warmer dish, sauté the sliced cabbage and capsicum with the other vegetables.

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. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



2. SAUTÉ VEGETABLES

Heat a frypan over medium-high heat with oil. Trim and cut beans to 3cm, halve cherry tomatoes, add to pan as you go along with **1/2 tsp dried oregano**. Cook for 2-3 minutes, remove to a large salad bowl.



3. MAKE THE DRESSING

Whisk together **1 1/2 tbsp red wine vinegar**, **1 1/2 tbsp olive oil**, salt and pepper.



4. PREPARE SALAD

Thinly slice cabbage and capsicum. Mix in large salad bowl with the sautéed vegetables, cooked black rice and prepared dressing (see notes).



5. COOK FISH

Coat fish fillets with **1/2 tsp dried thyme**, **oil**, **salt and pepper**. Reheat frypan over medium-high heat, cook fish for 3-4 minutes each side or until cooked through.



6. FINISH AND PLATE

Divide salad evenly among shallow bowls and top with fish fillets.

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**

