



Product Spotlight: Spring Onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.



2 Tropical Fish with Roasted Vegetables

White fish fillets baked with vegetables and pineapple, served with brown basmati rice and a tangy sauce.

 30 minutes

 2 servings

 Fish

29 October 2021

Fried rice!

Cook your fish in a frypan and set aside. Add the vegetables and cooked rice to the pan along with half the sauce. Cook, stirring, until well combined. Serve with fish fillets and remaining sauce.

Per serve: **PROTEIN** 28g **TOTAL FAT** 3g **CARBOHYDRATES** 56g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (150g)
RED CAPSICUM	1
SPRING ONIONS	1/3 bunch *
TINNED PINEAPPLE	225g
WHITE FISH FILLETS	1 packet
ASIAN GREENS	2 bulbs
SUGAR SNAP PEAS	1/2 bag (75g) *
BARBECUE SAUCE	2 tbsp

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, rice wine vinegar, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan, oven tray

NOTES

No fish option – white fish fillets are replaced with **chicken schnitzels**. Cook in frypan at step 3 for 4-5 minutes each side or until cooked through.



1. COOK THE RICE

Set oven to 220°C.

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



2. PREPARE TRAY BAKE

Cut capsicum, slice spring onion whites (reserve green tops), drain pineapple (reserve juice) and break into pieces. Place on a lined oven tray with fish fillets. Coat with **oil, 1 1/2 tbsp ground coriander, salt and pepper**. Bake in oven for 10-12 minutes or until fish is cooked through.



3. COOK THE GREENS

Heat a frypan over medium-high heat with **oil**. Quarter Asian greens and add to pan. Cook for 2-3 minutes each side. Trim and slice the sugar snap peas. Add to pan to cook for last minute. Season with **soy sauce and pepper**.



4. MIX THE SAUCE

In a bowl mix together 2 tbsp barbecue sauce, reserved pineapple juice, **2 tbsp vinegar and 1 tsp soy sauce**. Season with **salt and pepper**.



5. FINISH AND SERVE

Slice reserved spring onion green tops. Divide rice among shallow bowls. Top with fish and vegetables. Serve with sauce (to taste) and garnish with spring onion green tops.

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