



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Black Rice

Forbidden Black Rice has a delicious nutty taste and magical aromas, as well as superior health benefits that make it a new alternative to white and brown rice.



## 1 Coconut Fish with Lime Black Rice

Crispy coconut coated fish fillets on a zesty lime black rice salad with fresh mint, spring onions and capsicum.



30 minutes



2 servings



Fish

7 December 2020

## Spice it up!

*If you have any spare limes you can use the extra juice in the dressing instead of vinegar. Add some ground coriander or cumin to the fish fillets for added flavour if preferred.*

Per serve: **PROTEIN** 31g **TOTAL FAT** 26g **CARBOHYDRATES** 66g

## FROM YOUR BOX

BLACK RICE	150g
CHERRY TOMATOES	1/2 bag (100g) *
MINT LEAVES	1/2 bunch *
SPRING ONION	1 *
RED CAPSICUM	1/2 *
LIME	1
WHITE FISH FILLETS	1 packet
SHREDDED COCONUT	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, maple syrup (or sweetener of choice), red wine vinegar

## KEY UTENSILS

frypan, saucepan

## NOTES

You can coat the fish with beaten egg wash before pressing in the coconut, otherwise be sure to firmly press down in the coconut to keep it from falling off.

**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 the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



### 2. PREPARE THE SALAD

Halve tomatoes. Slice mint leaves and spring onion. Dice capsicum. Add to a large salad bowl.



### 3. MAKE THE DRESSING

Whisk together lime zest, 1/2 the juice (wedge remaining), **1/2 tbsp vinegar**, **1 tsp maple syrup** and **1 tbsp olive oil**. Season with **salt and pepper**. Set aside.



### 4. PREPARE THE FISH

Coat fish with **oil, salt and pepper**. Press firmly in coconut to coat (see notes).



### 5. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side or until cooked through.



### 6. FINISH AND PLATE

Toss the cooked rice with salad and dressing. Divide among plates along with fish and lime wedges.

**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](mailto:hello@dinnertwist.com.au)

