




### Product Spotlight: Ricotta

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



## 1 Spring Rice Salad with Whipped Ricotta and Lemon Fish

White fish fillets cooked in lemon zest, served with a salad of roasted vegetables, black rice and whipped ricotta.

 35 minutes

 4 servings

 Fish

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## Switch it up!

*Instead of whipping your ricotta you can crumble it over your vegetables on the oven tray and bake it. Add the fish fillets as well to cut down on dirty dishes!*

Per serve: **PROTEIN** 36g **TOTAL FAT** 11g **CARBOHYDRATES** 61g

## FROM YOUR BOX

BLACK RICE	1 packet (300g)
DUTCH CARROTS	1 bunch
RED ONION	1
LEMON	1
RICOTTA	1/2 tub (250g) *
WHITE FISH FILLETS	2 packets
ROCKET LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, fennel seeds (see notes)

## KEY UTENSILS

large frypan, saucepan, oven tray, stick mixer (or small blender)

## NOTES

If you don't have fennel seeds replace with cumin seeds or coriander seeds.

Honey and dried chilli flakes would make a great addition to your whipped ricotta.

**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

Set oven to 220°C.

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. ROAST THE VEGETABLES

Trim dutch carrots and halve any larger ones, wedge red onion. Toss on a lined oven tray with **oil, 2 tsp fennel seeds, salt and pepper**. Roast for 15-20 minutes or until carrots are tender.



### 3. WHIP THE RICOTTA

Zest lemon to yield 2 tsp (reserve for step 4). Use a stick mixer to whip ricotta with juice from 1/2 lemon (slice remaining for garnish). Season with **salt and pepper** (see notes).



### 4. COOK THE FISH

Heat a frypan over medium-high with **oil or butter**. Coat fish in reserved lemon zest, **salt and pepper**. Add to pan and cook for 3-4 minutes each side or until cooked through.



### 5. FINISH AND SERVE

Arrange black rice and roasted vegetables on a platter. Top with rocket leaves and fish fillets. Dot over whipped ricotta. Garnish with lemon slices.

**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**

