




Product Spotlight: Asian Greens


A great, super versatile vegetable to boost up the nutrition of your fried rice! They provide good levels of vitamin C and antioxidants!



1 Asian Fish Parcels with Lime Butter

Tender white fish fillets, baked with Asian greens and lime butter, bringing freshness to the dish. Served with salad dressed in soy and sesame oil.

 35 mins

 4 servings

 Fish

15 March 2021

Spice it up!

Adding some sliced fresh red chilli inside your parcels before you bake them will add a beautiful amount of heat and flavour to your dish.

Per serve: **PROTEIN** 29g **TOTAL FAT** 10g **CARBOHYDRATES** 44g

FROM YOUR BOX

BROWN RICE	300g
ASIAN GREENS	1 bunch
SPRING ONIONS	1/3 bunch *
WHITE FISH FILLETS	2 packets
LIME	1
CARROT	1
RED CAPSICUM	1
CONTINENTAL CUCUMBER	1/2 *
FRIED SHALLOTS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

butter, soy sauce (or tamari), sesame oil, baking paper

KEY UTENSILS

oven tray, saucepan

NOTES

Rinse the Asian greens after they are cut to remove any sand before cooking.

Add 1-2 tsp of sugar or honey to the dressing if you prefer a little sweetness.

No fish option - white fish fillets are replaced with diced chicken thigh fillets. Add even amounts of diced thigh fillets to each of the parcels in step 2. Bake for 20-25 minutes or until cooked through.



1. COOK THE RICE

Set oven to 220°C.

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.



2. PREPARE THE PARCEL

Quarter the Asian greens lengthways (see notes). Slice spring onions into 4cm lengths (reserve tops for step 5.) Place 4 large sheets of baking paper on the bench and place even amounts of vegetables on each. Top each parcel with fish, **1 tsp soy sauce**, **1/2 tbsp butter** and lime zest.



3. BAKE THE PARCELS

To wrap each parcel, bring the long sides of the paper together, fold over and place short sides underneath parcel to seal. Bake for 15-20 minutes or until the fish is cooked through.



4. MAKE THE DRESSING

Whisk together the lime juice, **1 1/2 tbsp soy sauce** and **1 1/2 tbsp sesame oil** (see notes). Set aside.



5. PREPARE THE TOPPING

Julienne or ribbon the carrot. Thinly slice capsicum, cucumber and spring onion tops. Toss together with fried shallots.



6. FINISH AND PLATE

Divide rice among shallow bowls. Serve with baked fish and vegetables. Divide fresh topping over top and spoon over dressing to taste.

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**

