



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Desiccated Coconut

Desiccated coconut is dried, shredded coconut. It contains no cholesterol or trans fats while being rich in a number of essential nutrients including dietary fibre, manganese, copper and selenium.



## 1 Coconut Fish with Pickled Vegetables

White fish fillets crumbed in desiccated coconut, served with lime pickled vegetables and crispy rice paper rounds.



30 minutes



4 servings



Fish

1 October 2021

## Switch it up!

Use your ingredients to make fresh rice paper rolls. The dressing can be used as a dipping sauce and the other prepared ingredients can be used as fillings.

Per serve: **PROTEIN** 26g **TOTAL FAT** 8g **CARBOHYDRATES** 42g

## FROM YOUR BOX

LEMONGRASS	1
LIME	1
CARROT	1
LEBANESE CUCUMBER	1
DAIKON	1
SPRING ONIONS	1/2 bunch *
BEAN SHOOTS	1 packet
RICE PAPER ROUNDS	1 packet
DESICCATED COCONUT	1 packet (40g)
WHITE FISH FILLETS	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari)

## KEY UTENSILS

2 frypans

## NOTES

Any neutral oil will work well for this recipe.

Feel free to add a little sweetener, like honey or maple syrup, to the dressing if you like.

**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. MAKE THE DRESSING

Trim, beat and thinly slice lemongrass. Add to a large bowl with lime zest and juice and **2 tbsp soy sauce**. Mix to combine (see notes).



### 2. PICKLE THE VEGETABLES

Ribbon carrot, thinly slice cucumber and julienne or grate daikon. Thinly slice spring onions. Add to bowl with dressing, along with bean shoots. Toss to combine.



### 3. CRISP THE RICE PAPER

Heat a frypan over high heat with **oil**. When **oil** is hot place rice paper rounds in pan (1 at a time) for 2 seconds until puffed up. Remove to a plate.



### 4. COOK THE FISH

Spread coconut onto a plate. Coat fish in **oil, salt and pepper** then press into coconut to crumb. Heat a second frypan over medium-high heat with **oil**. Cook fish for 3-5 minutes on each side until cooked through.



### 5. FINISH AND SERVE

Serve rice paper crisps on plates, fill with dressed vegetables and top with coconut fish and garnish with spring onion green tops.

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