



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Kaffir Lime Leaves

Kaffir lime leaves, commonly used in Asian cooking, are rich in oils so only a couple of leaves are needed to add fragrant flavour.



1 Kaffir Lime Fish with Coconut Rice & Salsa

Summer grilled fish with a fresh nectarine salsa and Asian greens on a bed of fragrant coconut rice.

 30 minutes

 4 servings

 Fish

14 December 2020

Spice it up!

Add a squeeze of lime juice to the salsa for extra zing. You can add the kaffir lime leaves to the rice if you don't want to slice them for the fish. If you have sesame or coconut oil you can use that to cook the fish for extra flavour.

Per serve: **PROTEIN** 31g **TOTAL FAT** 29g **CARBOHYDRATES** 57g

FROM YOUR BOX

BASMATI RICE	300g
COCONUT MILK	400ml
NECTARINES	2
RED CAPSICUM	1
CONTINENTAL CUCUMBER	1/2 *
RED ONION	1/4 *
ASIAN GREENS	1 bunch
KAFFIR LIME LEAVES	1 double
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, soy sauce (or tamari), ground cumin

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Use sesame or coconut oil to cook the Asian greens and fish if you have some. Add some crushed garlic to the greens if desired.

When slicing the lime leaves, remove the stem first. Roll the leaves into a cigar shape and finely slice.

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 COCONUT RICE

Place rice in a saucepan, add coconut milk, **1/2 tsp salt** and **400ml water (1 tin)**. Cover with a lid, cook on the lowest heat for 10-12 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. MAKE THE SALSA

Dice nectarines, capsicum and cucumber. Finely chop red onion. Toss together with **1 tbsp olive oil**.



3. COOK THE ASIAN GREENS

Quarter (or halve) the Asian green bulbs lengthways. Heat frypan over medium-high heat with **1 tbsp oil** (see notes). Cook for 2-3 minutes until charred and tender. Season with **soy sauce**. Remove to plate and reserve pan.



4. COOK THE FISH

Thinly slice lime leaves (see notes). Combine with **1 tsp cumin**, **1 tbsp oil** and **1 tbsp soy sauce**. Rub all over fish fillets. Reheat frypan over medium-high heat. Cook fish for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide rice, greens and fish among plates. Top with salsa.

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