



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: Pineapple

This essential summer fruit is high in vitamin C and manganese. They are picked at their peak, so there's no waiting time for them to ripen and enjoy.





## 1 Nasi Goreng with Grilled Pineapple

Tropical inspired grilled pineapple served over a bed of Nasi Goreng with pan-fried white fish fillets.

## Spice it up!

*A fried egg, a drizzle of sambal oelek and a sprinkle of fried shallots may not physically transport you to your favourite Indonesian holiday, but it will give this dish an extra punch of flavour.*

 30 mins

 4 servings

 Fish

14 May 2021

Per serve: **PROTEIN** 27g **TOTAL FAT** 9g **CARBOHYDRATES** 41g

## FROM YOUR BOX

|                      |             |
|----------------------|-------------|
| BROWN BASMATI RICE   | 300g        |
| WHITE FISH FILLETS   | 2 packets   |
| CARROTS              | 2           |
| SPRING ONION         | 1/2 bunch * |
| PINEAPPLE SLICES     | 1 tin       |
| TOMATOES             | 2           |
| CONTINENTAL CUCUMBER | 1           |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, fish sauce, curry powder

## KEY UTENSILS

2 large frypans, saucepan

## NOTES

Use sesame oil in the sauce if you have some on hand. A splash of soy sauce (or tamari) would also make a great addition to the sauce if you have some.

**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 10–15 minutes or until tender. Drain and rinse.



### 2. PREPARE INGREDIENTS

Coat fish in **oil, salt and pepper**. Dice carrots, slice spring onions, reserve green tops for garnish.

In a bowl combine **2 tbsp fish sauce, 1 tbsp curry powder and 2 tbsp oil** (see notes).



### 3. COOK NASI GORENG

Heat a frypan over medium–high heat. Add fish and cook for 3–4 minutes each side until cooked through, set aside. Add prepared vegetables and Nasi Goreng sauce, sauté for 4–6 minutes. Stir through rice and **1/2 cup water**. Cover with lid and cook for a further 4–6 minutes.



### 4. GRILL PINEAPPLE

Heat a second frypan or grill pan over medium–high heat with **oil**. Drain and add pineapple slices. Cook for 2–3 minutes each side until slightly charred.



### 5. SLICE GARNISHES

Finely slice green spring onion tops, wedge tomatoes and slice cucumber.



### 6. FINISH AND PLATE

Flake fish and stir through rice. Divide evenly among shallow bowls, top with grilled pineapple and prepared garnishes.

**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)

