



Product Spotlight: Bean Shoots

Bean shoots have good levels of vitamin C, folate and iron. Iron helps transport oxygen in the blood and is also vital for brain development!



1 Teriyaki Fish and Brown Rice Bowl

Homemade teriyaki sauce drizzled over crunchy vegetables, fish and brown rice.

 30 mins

 4 servings

 Fish

28 May 2021

Spice it up!

Some fresh red chilli and toasted sesame seeds would make a great addition to this dish.

Per serve: **PROTEIN** 29g **TOTAL FAT** 2g **CARBOHYDRATES** 38g

FROM YOUR BOX

BROWN RICE	300g
GINGER	1 piece
GAI LAN	1 bunch
SPRING ONION	1/3 bunch *
WHITE FISH FILLETS	2 packets
GREEN CAPSICUM	1
RED CAPSICUM	1
BEAN SHOOTS	1 bag
MINT	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, sweetener of choice, 1 garlic clove, corn flour

KEY UTENSILS

large frypan, 2 saucepans

NOTES

Use sesame oil if you have any on hand.

Instead of having your vegetables fresh (step 5), you could stir fry them all together at step 3.

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 the rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. MAKE TERIYAKI SAUCE

Peel and grate ginger, crush **1 garlic clove**. Combine in a second saucepan with **1/4 cup soy sauce, 2 tbsp sweetener of choice** (we used honey), **1/3 cup water and 2 tsp corn flour**. Bring to a boil, whisking constantly, simmer for 4 minutes then remove from heat.



3. COOK THE GAI LAN

Heat a frypan over medium-high heat with **oil** (see notes). Trim gai lan and cut into quarters lengthways, slice white ends of spring onions, add to pan as you go. Cook for 2-3 minutes (see notes).



4. FRY THE FISH

Reheat frypan over medium-high heat. Coat fish in **oil, 2 tsp soy sauce and pepper**. Add to frypan and cook for 3-4 minutes on each side or until cooked through.



5. PREPARE VEGETABLES

Thinly slice capsicums and green ends of spring onions. Arrange on a plate with bean shoots and mint leaves.



6. FINISH AND PLATE

Evenly divide rice among shallow bowls, top with fish and vegetables, spoon over teriyaki sauce.

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**

