



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Black Rice

Black rice has many characteristics such as being low in carbohydrates, high in fibre and a source of protein.



## E4 Coconut Fish with Lime Black Rice Salad

A fresh and zingy lime dressing tossed through black rice and fresh vegetables served white fish fillets crumbed in desiccated coconut.

 30 minutes

 4 servings

 Fish

11 February 2022

## Switch it up!

*If you don't want to crumb the fish with the coconut you can toast the coconut in a dry frypan and use it as a topping or toss it through the black rice salad.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 21g **CARBOHYDRATES** 64g

## FROM YOUR BOX

|                    |                 |
|--------------------|-----------------|
| BLACK RICE         | 1 packet (300g) |
| LIME               | 1               |
| RED CAPSICUM       | 1               |
| TOMATOES           | 2               |
| LEBANESE CUCUMBER  | 1               |
| MINT               | 1 bunch         |
| WHITE FISH FILLETS | 2 packets       |
| DESICCATED COCONUT | 1 packet (60g)  |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, soy sauce (or tamari), red wine vinegar, honey

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can coat the fish with beaten egg wash before pressing in the coconut. Otherwise be sure to firmly press the fish into the coconut to keep it from falling off.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.



### 2. MAKE THE DRESSING

In a bowl whisk together lime zest, juice from 1/2 lime (wedge remaining), **1 tbsp vinegar**, **2 tsp honey**, **2 tbsp olive oil**, **1 tsp soy sauce** and **pepper**.



### 3. PREPARE THE SALAD

Dice capsicum and tomatoes. Thinly slice cucumber and mint leaves. Add to a large bowl.



### 4. COOK THE FISH

Coat fish in **oil, salt and pepper**. Tip coconut onto a plate. Firmly press fish fillets into coconut to coat (see notes). Heat a frypan over medium-high heat with **oil**. Add fish to pan, in batches, and cook for 3–4 minutes each side or until cooked through.



### 5. TOSS THE SALAD

Add rice and dressing to the large bowl with prepared salad ingredients. Toss until well coated.



### 6. FINISH AND SERVE

Divide salad among plates. Serve with coconut fish and lime wedges.

**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)

