



Product Spotlight: Desiccated Coconut


Desiccated coconut is coconut that has been dried and shredded; it contains no cholesterol or trans fats and is rich in dietary fibre, manganese, copper, and selenium.



R2 Coconut Fish with Lime and Lemongrass

Fish fillets coated with desiccated coconut served with fresh crunchy vegetables over black rice with fragrant and zingy lemongrass and lime dressing.

 30 minutes

 2 servings

 Fish

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Speed it up!

Skip coating the fish in coconut to speed it up. Toss coconut through cooked rice at step 5 instead.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	24g	63g

FROM YOUR BOX

BLACK RICE	1 packet (150g)
LEMONGRASS	1
LIME	1
LEBANESE CUCUMBER	1
CARROT	1
MINT	1 packet
WHITE FISH FILLETS	1 packet
DESICCATED COCONUT	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, olive oil, soy sauce (or tamari), salt, pepper, maple syrup

KEY UTENSILS

large frypan, saucepan

NOTES

To use a whole lemongrass stalk, slice off the bottom-most section and peel away any dried-out layers, then bash the woody top end with a rolling pin to soften and help release some of the aromatic oils.

Use a mandolin to prepare the fresh vegetables to cut down on cutting time!



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. Return to saucepan.



2. MAKE THE DRESSING

Finely chop lemongrass (see notes). Zest lime. Add both to a bowl with juice from 1/2 lime (wedge remaining), **2 tbsp olive oil**, **1 tbsp soy sauce**, **2 tbsp water**, **1 tsp maple syrup** and **pepper**. Stir to combine.



3. PREPARE FRESH ELEMENTS

Slice cucumber. Julienne or grate carrot. Roughly chop mint leaves.



4. COOK THE FISH

Coat fish in **oil**, **salt** and **pepper**. Then coat with desiccated coconut. Heat a frypan over medium-high heat with **oil**. Add coated fish to pan and cook for 4-5 minutes each side until cooked through.



5. TOSS THE RICE

Toss rice with 1/2 prepared dressing until well coated.



6. FINISH AND SERVE

Divide rice among bowls. Top with fresh elements and coconut fish. Serve with remaining dressing.

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

