



### 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.



## R4 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

 4 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** 29g **TOTAL FAT** 17g **CARBOHYDRATES** 58g

## FROM YOUR BOX

BLACK RICE	1 packet (300g)
LEMONGRASS	1
LIME	1
RADISHES	1 bunch
LEBANESE CUCUMBER	1
CARROT	1
MINT	1 packet
WHITE FISH FILLETS	2 packets
DESICCATED COCONUT	1 packet (40g)

## 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.

Quarter radishes to speed it up. Alternatively, use a mandolin to prepare all the fresh vegetables.



### 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 radishes (see notes) and 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](mailto:hello@dinnertwist.com.au)

