



### Product Spotlight: Ginger

Ginger has several health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add it to hot water for a delicious herbal tea.



## Ginger Lime Fish

### with Coconut Rice

Pan-fried fish fillets served over coconut rice with fresh and crunchy vegetables and a ginger lime dressing.



20 minutes



4 servings



Fish

5 May 2023

## Spice it up!

*This dish would love some chilli!  
Add a few slices of fresh chilli, a  
sprinkle of dried chilli flakes, or  
a drizzle of chilli oil.*

Per serve: **PROTEIN** 28g **TOTAL FAT** 14g **CARBOHYDRATES** 29g

## FROM YOUR BOX

BASMATI RICE	1 packet (300g)
TINNED COCONUT MILK	165ml
LIME	1
GINGER	60g
WHITE FISH FILLETS	2 packets
LEBANESE CUCUMBERS	2
AVOCADO	1
SNOW PEA SPROUTS	1 punnet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sesame oil, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Peel the ginger with a teaspoon. It is easier to get around all the lumps and bumps!



### 1. MAKE THE COCONUT RICE

Add rice to a saucepan along with coconut milk, **1 1/2 cups water** and a pinch of **salt**. Cover with a lid and bring to a boil. Reduce to low heat for 10–15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



### 2. MAKE THE DRESSING

Zest lime. Add to a bowl along with juice of 1/2 lime (wedge remaining). Peel and grate ginger (see notes). Add to bowl along with **3 tbsp soy sauce**, **3 tbsp sesame oil** and **pepper**. Whisk to combine.



### 3. COOK THE FISH

Heat a frypan over medium–high heat with **oil**. Coat fish with 1 tbsp prepared dressing. Add to pan and cook for 2–4 minutes each side until cooked through.



### 4. PREPARE THE TOPPINGS

Thinly slice cucumbers. Slice avocado. Set aside with sprouts and lime wedges.



### 5. FINISH AND SERVE

Divide coconut rice among bowls. Top with fish and prepared toppings. Serve with dressing 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)

