

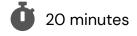




# **Ginger Lime Fish**

## with Coconut Rice

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





4 servings



# 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.

TOTAL FAT CARBOHYDRATES

28g

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, 11/2 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.



