




Product Spotlight: Lemongrass


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



Nuoc Cham Fish with Brown Basmati Rice

White fish fillets cooked in fish sauce served over brown basmati rice with fresh vegetable toppings and a bright Nuoc Cham sauce.

 25 minutes

 4 servings

 Fish

10 February 2023

What is it?

Nuoc Cham is a classic Vietnamese condiment with a base of fish sauce. Extremely versatile, it's served alongside a wide range of dishes, adding heat, sweetness and savoury flavours to rice, grilled meat and fish.

Per serve: **PROTEIN** 25g **TOTAL FAT** 10g **CARBOHYDRATES** 24g

FROM YOUR BOX

BROWN BASMATI RICE	1 packet (300g)
LEMONGRASS	1 stem
RED CHILLI	1
WHITE FISH FILLETS	2 packets
ASIAN GREENS	1 bunch
LEBANESE CUCUMBERS	2
RED CAPSICUM	1
AVOCADO	1
LIME	1

FROM YOUR PANTRY

oil for cooking, pepper, fish sauce, rice wine vinegar, sugar (of choice), 1 garlic clove

KEY UTENSILS

large frypan, 2 saucepans

NOTES

If you prefer less heat, you can garnish the dish with chilli to taste instead of cooking it in the dressing.

If you don't have rice wine vinegar you can use apple cider or white wine vinegar.

We used coconut sugar to make the dressing.

Before cutting, roll the lime between your palm and benchtop, tenderising the fruit and making it easier to juice!



1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of water. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat and stand for 5 minutes. Stir carefully with a fork.



2. PREPARE THE DRESSING

Finely slice lemongrass (see product spotlight). Deseed and finely chop chilli. Add to a small saucepan along with **1 crushed garlic clove, 3 tbsp fish sauce, 3 tbsp vinegar, 3 tbsp sugar** and **1/2 cup water** (see notes). Bring to a simmer and cook for 2 minutes. Remove from heat.



3. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish fillets in **oil** and **pepper**. Add to pan along with **2 tbsp fish sauce**. Cook for 2-4 minutes each side until cooked through.



4. PREPARE THE TOPPINGS

Finely slice Asian greens. Slice cucumbers. Dice capsicum and avocado.



5. FINISH THE DRESSING

Zest lime (see notes). Add to dressing along with juice from 1/2 lime. Wedge remaining lime.



6. FINISH AND SERVE

Serve rice with fish and prepared toppings. Spoon dressing over and toss to serve. Serve with 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

