



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Bean Shoots


Bean shoots have good levels of vitamin C, folate and iron. Iron helps transport oxygen in the blood and is also vital for brain development!



## 1 Teriyaki Fish and Brown Rice Bowl

Homemade teriyaki sauce drizzled over crunchy vegetables, fish and brown rice.

 30 mins

 2 servings

 Fish

28 May 2021

*Spice it up!*

*Some fresh red chilli and toasted sesame seeds would make a great addition to this dish.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 3g **CARBOHYDRATES** 53g



## FROM YOUR BOX

BROWN RICE	150g
GINGER	1 piece
GAI LAN	1 bunch
SPRING ONION	1/3 bunch *
WHITE FISH FILLETS	1 packet
RED CAPSICUM	1
BEAN SHOOTS	1 bag
MINT	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, sweetener of choice, 1 garlic clove, corn flour

## KEY UTENSILS

large frypan, 2 saucepans

## NOTES

Use sesame oil if you have any on hand.

Instead of having your vegetables fresh (step 5), you could stir fry them all together at step 3.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE RICE

Place the rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



### 2. MAKE TERIYAKI SAUCE

Peel and grate ginger, crush **1 garlic clove**. Combine in a second saucepan with **1/4 cup soy sauce, 2 tbsp sweetener of choice** (we used honey), **1/3 cup water and 2 tsp corn flour**. Bring to a boil, whisking constantly, simmer for 4 minutes then remove from heat.



### 3. COOK THE GAI LAN

Heat a frypan over medium-high heat with **oil** (see notes). Trim gai lan and cut into quarters lengthways, slice white ends of spring onions, add to pan as you go. Cook for 2-3 minutes (see notes).



### 4. FRY THE FISH

Reheat frypan over medium-high heat. Coat fish in **oil, 2 tsp soy sauce and pepper**. Add to frypan and cook for 3-4 minutes on each side or until cooked through.



### 5. PREPARE VEGETABLES

Thinly slice capsicum and green ends of spring onions. Arrange on a plate with bean shoots and mint leaves.



### 6. FINISH AND PLATE

Evenly divide rice among shallow bowls, top with fish and vegetables, spoon over teriyaki sauce.

**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)

