

Webfid00277hero grilledfishsataysauce 264

Grilled Fish with Satay Sauce,

Lemongrass Rice and Stir-fried Veg



20-30min



4 Portions

This light and tasty meal is a real favourite - it's super-simple to prepare but uses a few clever tricks to maximise flavour. Adding lemongrass to the rice infuses it with beautifully aromatic flavour, and the easy satay sauce is slightly rich and sweet, uplifting the fish and veggies to gourmet heights.

What we send

- coconut milk
- broccoli
- 1 lemongrass stalk and 2 garlic cloves
- green beans
- jasmine rice
- carrot
- hake fillet ⁴
- sweet chilli sauce
- peanut butter ⁵

What you'll require

- sea salt and pepper
- soy sauce ⁶
- vegetable oil

Utensils

- foil
- medium saucepan
- oven tray
- sieve
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

The fish can also be cooked over a medium heat on a barbecue hot plate if preferred. For a smooth peanut butter, massage the packet before opening.

Allergens

Fish (4), Peanuts (5), Soy (6). May contain traces of other allergens.

Nutrition per serving

Energy 765.0kcal, Fat 28.6g, Proteins 43.0g, Carbs 80.2g



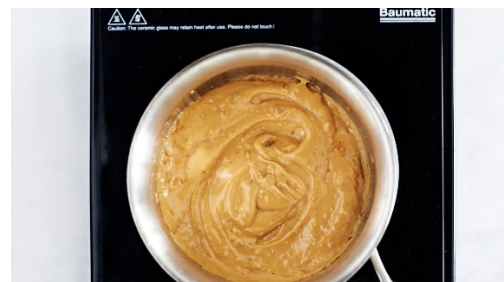
1. Cook rice

Rinse the **rice** well. Cut **lemongrass** into 4 pieces and squash with the back of a spoon. Place rice and lemongrass in a medium saucepan with 420ml water, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered for at least 5 mins.



4. Prepare vegetables

Preheat oven grill to medium (see cooking tip) and adjust the tray so that the fish will fit under the grill with little space to spare. Cut **carrots** into thin semi-circles. Trim ends of **beans** and cut into thirds. Cut **broccoli** into small florets. Finely chop remaining **garlic**.



2. Make satay sauce

Meanwhile, place the **coconut milk** in a medium saucepan with the **peanut butter** (see cooking tip), **sweet chilli sauce**, 1½ tsp **soy sauce** and 1 tsp **brown sugar** and stir until smooth. Cook over low heat for 3-4 mins until heated through. Thin with a little water, if desired.



5. Cook fish

Cook **fish** under the grill for 8-10 mins, turning once, until just cooked through (the cooking time will depend on your oven grill). Gently reheat sauce, if necessary.



3. Prepare fish

Finely chop 1 **garlic clove** and combine with 2 tbs **oil**. Cut the **fish** into 4 portions. Line an oven tray with foil and place fish on tray. Brush the fish all over with the **garlic oil**. Season with **sea salt and pepper**, if liked.



6. Cook vegetables

Meanwhile, heat 1 tbs **oil** in a wok over medium-high heat. Finely chop remaining **garlic** and stir-fry for 30 secs. Add **carrot** and 2 tbs water and stir-fry for 2 mins. Add **beans, broccoli** and 2 tsp **soy sauce** and stir-fry for 2 mins or until vegetables are tender. Remove **lemongrass** from **rice**, spoon into bowls and top with **vegetables, fish** and **satay sauce**.