



## Miso Grilled Fish

with Ginger Veggies and Sesame Rice

 20min  4 Portions

A 20-minute dinner big on flavour and low in calories? Yes, it's possible with this super-simple Japanese-inspired fish with a delicious miso crust. Teamed with flash-fried vegetables and sesame-laced rice, this meal ticks off all the major food groups while keeping you sated.

## What we send

- grenadier fillets
- ginger and 3 spring onions
- miso paste <sup>6</sup>
- jasmine rice
- green peas
- carrot
- sesame oil <sup>11</sup>

## What you'll require

- Australian honey
- sea salt flakes
- soy sauce <sup>6</sup>
- spray oil
- vegetable oil
- water

## Utensils

- foil
- medium saucepan
- oven tray
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

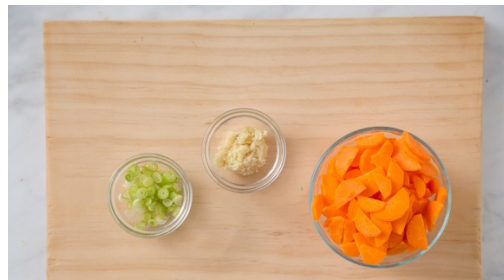
## Nutrition per serving

Energy 610.0kcal, Fat 11.6g, Proteins 42.3g, Carbs 78.7g



### 1. Cook rice

Rinse **rice** in a sieve and place in a medium saucepan with the **water** (see staples list). Cover with a lid 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

Meanwhile, peel and finely grate the **ginger**. Peel and halve the **carrots** lengthwise, then thinly slice. Trim and thinly slice the **spring onions**.



### 2. Marinate fish

While rice is cooking, using a fork, whisk together the **miso paste**, **soy sauce** and **honey** in a large bowl. Add the **fish** and mix until well coated. Set aside.



### 5. Cook vegetables

Heat the **vegetable oil** in a wok over high heat and stir-fry the **ginger** for 10 secs or until fragrant. Add the **carrots** and stir-fry for 2-3 mins until just tender. Add the **peas** and cook for 1 min or until warmed through. Season to taste with **salt**.



### 3. Cook fish

Preheat the grill to high. Line an oven tray with foil and lightly spray with **olive oil spray**. Put the fish, skin-side down, in a single layer on the lined tray and top with any remaining marinade. Place on the highest shelf under the grill and cook for 8-10 mins until fish is slightly charred and cooked through.



### 6. Get ready to serve

Stir the **sesame oil** and **spring onions** into the **rice** and season with **salt**. Divide the rice and vegetables among plates and top with the **fish** to serve.