

DINNERLY



Hoisin Fish Stir-Fry and Rice

Budget-Busting Tummy Fillers!



25 minutes



2 Servings

Filling, tried-and-true flavours, and even more budget-friendly than our core menu – that's our Thrifty Feed recipes! These classic dishes are perfect for when you want to put tasty, honest-to-goodness food on the table, and enjoy even more savings to boot.

WHAT WE SEND

- 150g jasmine rice
- 1 carrot
- 1 spring onion
- 2 garlic cloves
- basa fish fillets ¹
- 60g hoisin sauce ^{2,3,4,6}
- 10g cornflour ⁵

WHAT YOU NEED

- 1 tsp soy sauce ⁴
- ½ tsp white vinegar
- 1 tbs vegetable oil

TOOLS

- small saucepan with lid
- medium deep frypan

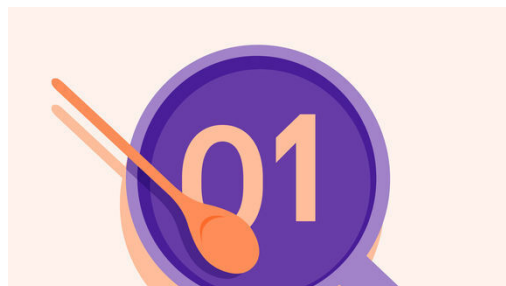
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (1), Gluten (2), Sesame (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

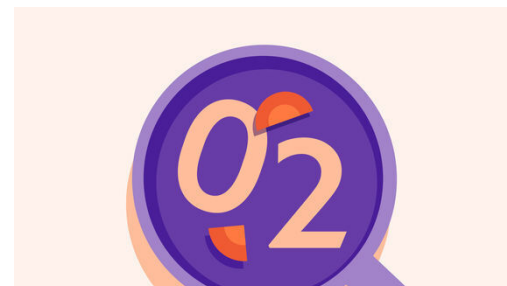
NUTRITION PER SERVING

Energy 555kcal, Fat 11.9g, Carbs 84.5g, Protein 27.4g



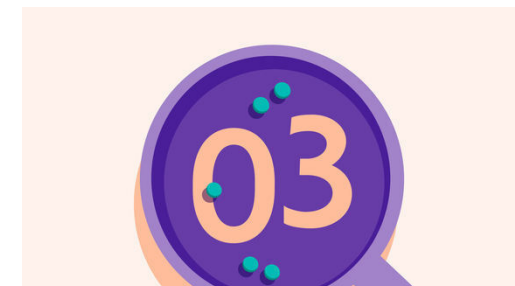
1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Fluff the rice with a fork.



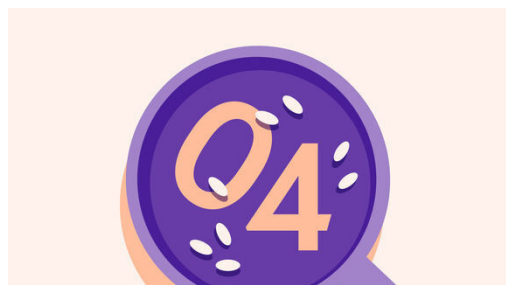
2. Prep ingredients

Meanwhile, quarter the **carrot** lengthwise and thinly slice. Thinly slice the **spring onion** on an angle. Crush or finely chop the **garlic**. Cut the **fish** into bite-sized chunks.



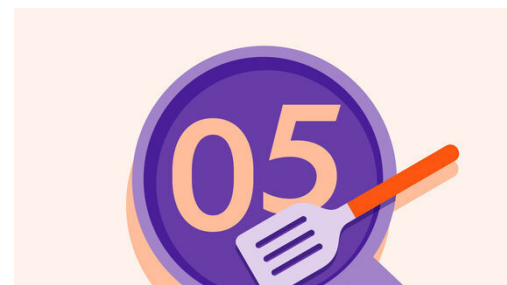
3. Make hoisin sauce mixture

Combine the **hoisin sauce**, **1 tsp soy sauce**, **½ tsp white vinegar** and **60ml (¼ cup) water** in a bowl and season generously with **pepper**. Put the **cornflour** and **1 tbs water** in a separate bowl and stir until combined.



4. Cook fish

Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Cook the **fish**, turning occasionally, for 4-5 mins until browned and cooked through. Remove from the pan.



5. Stir-fry and serve up

Return the pan to high heat. Cook the **carrot** and **garlic**, stirring, for 1-2 mins until the carrot is slightly softened. Add the **fish**, **hoisin sauce mixture** and **cornflour mixture** and bring to the boil. Cook, stirring gently, for 1 min or until the sauce is thickened. Divide the **fish stir-fry** and **rice** among bowls, scatter with the **spring onion** and enjoy!



6. Make it yours

Have some zucchini, celery or green beans in the crisper drawer? Don't let them go to waste! Thinly slice them and add with the carrot and garlic in Step 5.