



Fish Fingers with Rice and Pineapple Salsa

1 x family size packet SunRice
Long Grain White Rice
in 2½ minutes

500g pieces white fish fillets,
cut into fingers

1 egg, beaten

2 cups fresh whole meal
bread crumbs

2 tsp chopped parsley

2 tsp Cajun spice

Pinch of sea salt

A little black pepper

2 cups, chopped sweet pineapple

60ml sweet chilli sauce

Juice from 1 lime

2 tbsp chopped

coriander leaves

Dip the fish portions in a little beaten egg and coat in combined breadcrumbs, spice and parsley

Sauté in a pan over a medium heat with a little oil until crisp and golden on both sides

Combine the salsa ingredients and heat the rice in the microwave for 2½ minutes as per packet instructions

Arrange rice and fish onto serving plates and accompany with the salsa and enjoy

Serves 4

Prepared and cooked
in 10 minutes



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Long Grain White Rice

SunRice Long Grain White Rice in 2½ minutes is the most popular all purpose rice and the perfect partner to any meal.

