



Fish Kebabs on Brown Herb Rice

1 x family size packet SunRice
Fragrant Brown Rice
in 2½ minutes

600g firm fish steaks cut into
chunks (choose from swordfish,
salmon, snapper, ling)

1 red capsicum, cut into chunks

1 yellow capsicum
cut into chunks

4 tbsp sweet soy sauce

2 bunches coriander, chopped

2 bunches chives, chopped

4 tbsp roasted cashew nuts,
chopped

Thread the fish and capsicum onto skewers

Microwave rice for 2½ minutes as per packet instructions

Cook fish in a hot non-stick pan, then brush over with the
soy sauce

Combine rice with the herbs and cashew nuts

Divide between serving plates then top with the kebabs

Serve immediately and enjoy

Serves 4

Prepared and cooked
in 10 minutes



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Fragrant Brown Rice

SunRice Fragrant Brown Rice in 2½ minutes made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

