



## Fish Kebabs on Brown Herb Rice

1 x 250g packet SunRice  
Medium Grain Brown Rice  
in 90 Seconds

300g firm fish steaks cut into  
chunks (choose from swordfish,  
salmon, snapper, ling)

1/2 red capsicum, cut into chunks

1/2 yellow capsicum  
cut into chunks

2 tbsp sweet soy sauce

1 bunch coriander, chopped

1 bunch chives, chopped

2 tbsp roasted cashew nuts,  
chopped

Serves 2

Prepared and cooked  
in 10 minutes

**Thread** the fish and capsicum onto skewers

**Microwave** rice for 90 seconds 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!



The Rice Food Experts

[www.10minutemeals.com.au](http://www.10minutemeals.com.au)

### Medium Grain Brown Rice

SunRice Medium Grain Brown Rice in 90 seconds made with wholegrain brown rice, is a source of vitamin (Niacin B3) and minerals for vitality, and a good source of dietary fibre.

