



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Soba noodles

Soba noodles originate in Japan and are typically made with buckwheat and regular wheat. In Japan, it's often considered polite to slurp loudly when eating them. Why not give it a try at home? (As long as the people at your table permit it!)



1 Asian Fish Parcel with Soba Noodles

Fresh Asian-style flavours, locally-caught fish fillets, colourful veggies and nutty soba noodles unite in this family-friendly fish dinner.

 30 minutes

 4 servings

 Fish

6 July 2020

Make it a stir-fry

In a hurry? No problem, make a stir-fry instead! Simply stir-fry the veggies, add diced fish and 1-2 tbsp of the sauce, and cook for a few minutes until fish is cooked through. Serve over soba noodles.

FROM YOUR BOX

ASIAN GREENS	1 bunch
YELLOW SQUASH	3
GINGER	40g
WHITE FISH FILLETS	2 packets
SOBA NOODLES	1 packet
SESAME SEEDS	1 packet (30g)
SPRING ONIONS	1/4 bunch *
CARROTS	2

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, pepper, soy sauce, rice or red wine vinegar, sugar, baking paper

KEY UTENSILS

oven dish, saucepan, frypan

NOTES

You can reduce the amount of ginger if you're cooking for little eaters or don't like a strong ginger flavour. Add 1-2 crushed garlic cloves to the sauce if you'd like!

Make smaller individual parcels if preferred.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 15-20 minutes or until cooked through. Alternatively, pan-fry for 4-5 minutes each side until cooked through, adding sauce half-way.

No gluten option - soba noodles are replaced with rice noodles. Cook in boiling water until al dente.



1. PREPARE THE PARCEL

Set oven to 200°C.

Slice Asian greens and squash.

Grate ginger to yield 1 1/2 tbsp and mix with **2 tbsp sesame oil, 3 tbsp soy sauce, 1 tbsp vinegar, 2 tbsp water and 2 tsp sugar** (see notes).



2. MAKE THE PARCEL

Place a large sheet of baking paper in an oven dish (see notes). Add sliced vegetables. Rinse and add fish, then spoon over half the sauce. Fold baking paper over and seal the edges. Bake in the oven for 15-20 minutes or until cooked through.



3. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook for 3 minutes until just tender. Drain and run under cold water.



4. TOAST THE SESAME SEEDS

Heat a frypan over medium-high heat. Add sesame seeds to toast for 3-4 minutes until golden. Set aside, keeping pan over heat.



5. FINISH THE NOODLES

Slice spring onions and julienne/slice carrots. Add to pan with **2 tbsp sesame oil** and remaining sauce, cook for 2-3 minutes. Toss in noodles and heat through.



6. FINISH AND PLATE

Season noodles with **pepper and extra soy sauce** to taste.

Divide noodles between bowls and top with fish, veggies, sauce from the pan and sesame seeds.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

