



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: KONJAC NOODLES

Konjac noodles are made from a fibre that comes from the root of the konjac plant. They have very little flavour which is great for tossing through a salad with sauce or into a broth!

# 1. BAKED GINGER SOY FISH

WITH KONJAC NOODLES

 30 Minutes

 2 Servings

White fish fillets baked with asian greens in a delicate soy broth, served on a bed of konjac noodles and side of garlic vegetables.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
31g	2g	10g

18 May 2020

## FROM YOUR BOX

KONJAC NOODLES	1 packet
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
GINGER	30g *
RED CHILLI	1
LIME	1
SNOW PEAS	1/2 bag (75g) *
RED CAPSICUM	1/2 *
CARROT	1

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), pepper, soy sauce (or tamari), maple syrup, garlic (1 clove)

## KEY UTENSILS

kettle, oven dish, frypan

## NOTES

Use sesame or peanut oil for the sauce if you have some.

**No fish option - white fish fillets are replaced with chicken thigh fillets.** Increase cooking time to 20-25 minutes or until cooked through.



### 1. PREPARE THE NOODLES

Set oven to 220°C.  
Boil the kettle. Drain noodles from packet and rinse. Place in a large bowl and cover with boiling water for 1 minute, or until tender. Drain and rinse. Set aside.



### 4. SAUTÉ THE VEGGIES

Trim and halve snow peas. Slice capsicum and carrot (into crescents). Heat a frypan over medium-high heat with **oil**. Add vegetables and crush in **1 garlic clove**. Cook for 4-5 minutes until tender. Season with **soy sauce** and **pepper**.



### 2. PREPARE THE FISH BAKE

Halve asian greens lengthways. Place in an oven dish with fish fillets. Peel and grate ginger to yield 1 tsp. Deseed and slice chilli (to taste). Place on top of fish.



### 5. FINISH AND PLATE

Divide noodles, fish and veggies over shallow bowls. Spoon over sauce from tray bake.



### 3. ADD THE SAUCE & BAKE

Combine 1/2 lime zest and 1/2 juice (wedge remaining) with **2 tbsp soy sauce**, **1/2 tbsp maple syrup**, **1 tbsp oil** and **2 tbsp water** (see notes). Pour over top of fish. Cover with foil and bake for 15-20 minutes or until fish is cooked through.