



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Lemongrass

To prepare your lemongrass, cut in half lengthways and remove the core. Bash with the end of your knife to release the perfumes before chopping.



E4 Lemongrass & Coconut Broth with Poached Fish

White fish fillets poached in a lemongrass and coconut broth with vegetables and zesty lime, served with noodles.

 25 minutes

 4 servings

 Fish

18 March 2022

Spice it up!

Add some thinly sliced chilli, dried chilli flakes, or your favourite hot sauce to the finished dish if you want to spice it up!

Per serve: **PROTEIN** 25g **TOTAL FAT** 18g **CARBOHYDRATES** 56g

FROM YOUR BOX

NOODLES	1 packet
LEMONGRASS	2
LIME	1
TOMATOES	2
ZUCCHINI	1
MUSHROOMS	1 bag (200g)
TINNED COCONUT MILK	400ml
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), curry powder

KEY UTENSILS

2 saucepans

NOTES

See product spotlight on front page for tips on how to prepare lemongrass.

If you want to add some extra aromatics to this dish try some grated ginger, minced garlic and thinly sliced kaffir lime leaves.

Rinse fish fillets with cold water before adding to saucepan.



1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse well with cold water.



2. SAUTÉ THE AROMATICS

Meanwhile, heat a second saucepan over medium-high heat with **oil**. Trim and finely slice lemongrass (see notes), zest lime. Add to pan along with **1 tbsp curry powder** and cook, stirring, for 1-2 minutes until fragrant.



3. SIMMER THE BROTH

Dice tomatoes and zucchini, and slice mushrooms. Add to pan as you go, along with coconut milk, **1 tin water** and **3 tbsp soy sauce**. Cook, covered, for 5 minutes.



4. ADD THE FISH

Cut fish into cubes (see notes) and add to saucepan. Cook for 8-10 minutes until fish is cooked through. Stir through juice from 1/2 lime (wedge remaining) and season with **pepper**.



5. FINISH AND SERVE

Divide noodles among bowls. Spoon over broth with fish. Serve with lime wedges.

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**

