



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Bean Shoots

To refresh your bean shoots, place them in a large bowl and cover with water. Keep refrigerated until you are ready to use them.



E4 Sweet and Sour Thai Fish Soup with Veggie Noodles

A sweet and sour Thai-style soup flavoured with fiery and fragrant red curry paste, poached white fish, zingy lime and fresh bean shoots served over veggie noodles.

 20 minutes

 4 servings

 Fish

5 August 2022

Bulk it up!

If you want to get extra serves from this dish, slice the carrot and zucchini and add them to the soup along with a tin of coconut milk, then serve over cooked noodles.

Per serve: **PROTEIN** 44g **TOTAL FAT** 40g **CARBOHYDRATES** 4g

FROM YOUR BOX

TOMATOES	2
BABY KING OYSTER MUSHROOMS	1 packet
CURRY PASTE	1 tin
ZUCCHINIS	2
CARROTS	2
WHITE FISH FILLETS	2 packets
LIME	1
BEAN SHOOTS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, 1 stock cube, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, kettle

NOTES

The curry paste can be a little spicy, so use it to taste. We recommend using 1 tbsp if you don't like spice or the whole tin if you do. You can store any leftover paste in the freezer to use at a later date. You can also add a tin of coconut milk to the soup to make it milder.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Wedge tomatoes and halve any larger mushrooms. Add to pan as you go and cook for 3 minutes.



2. SIMMER THE SOUP

Add 1/2 tin curry paste (see notes). Crumble in **stock cube** and pour in **1 L water**. Simmer, covered, for 5 minutes.



3. MAKE THE NOODLES

Boil the kettle.

Julienne or ribbon zucchinis and carrots into noodles using a Julienne peeler/spiralizer or vegetable peeler, and place in a large bowl. Pour **hot water** over noodles. Drain the noodles.



4. ADD THE FISH

Cut fish into smaller pieces. Add to broth and simmer, covered, for a further 5 minutes.



5. SEASON THE SOUP

Remove pan from heat. Zest lime. Add to pan along with juice from 1/2 lime (wedge remaining). Season to taste with **1 tbsp soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide noodles among bowls. Ladle over soup. Serve with bean shoots and 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

