



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Rice Noodles

Rice noodles are – as the name implies – made from rice. As such, they're gluten-free!



## 1 Sesame Fish with Soy Noodles

Fish fillets with fragrant sesame seeds and a colourful veggie & noodle salad.



30 minutes



2 servings



Fish

25 January 2021

### Cut it!

*After boiling and draining the noodles, you can use scissors to cut them into smaller pieces. This makes them easier to toss through the veggies, and easier for little eaters to enjoy!*

## FROM YOUR BOX

RICE NOODLES	200g
GINGER	1 piece
BROWN ONION	1/2 *
CARROT	1
RED CAPSICUM	1/2 *
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
SESAME SEEDS	1 packet (20g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, soy sauce, pepper, sweet chilli sauce, white wine vinegar

## KEY UTENSILS

2 frypans (or 1 frypan & 1 wok), saucepan

## NOTES

Use a teaspoon to easily peel the ginger

Instead of cooking the fish separately, dice it and add with the vegetables in step 3.

Feel free to garnish with toppings of your liking like fresh chilli or coriander.

**No fish option – white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through. Only add sesame seeds for the last few minutes to keep them from burning.



### 1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add noodles to boiling water and simmer for 2–3 minutes or until al dente. Drain and rinse in cold water.



### 2. MAKE THE SAUCE

Peel and grate ginger to yield 1 tbsp (see notes), whisk together with **1 1/2 tbsp soy sauce, 1 tbsp sweet chilli sauce, 1/2 tbsp vinegar and 1/2 tbsp oil.**



### 3. COOK THE VEGETABLES

Heat a large frypan or wok with **oil** over high heat. Slice onion, add to pan and cook for 3–4 minutes. Slice carrot, capsicum and Asian greens, adding to pan as you go (see notes). Stir-fry for 2–3 minutes.



### 4. ADD NOODLES & SAUCE

Add sauce and noodles to pan and stir to combine. Season to taste with **pepper and soy sauce.**



### 5. COOK THE FISH

Heat a second pan over medium-high heat (see notes). Rub fish with **2 tsp sesame oil, 1 tsp soy sauce and pepper.** Cook for 3–4 minutes each side, adding sesame seeds when turning.



### 6. FINISH AND PLATE

Divide noodles and fish among plates (see notes).

**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**

