



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Product Spotlight: White Fish Fillets

Our white fish fillets come from Catalano's Seafood. The exact type varies week to week, depending on the catch of the day from our beautiful WA coast!



## 1 Quick Fish Curry with Noodles

Creamy coconut curry served over see-through noodles. It has lots of flavour but don't worry, this tasty fish curry is not hot.

 30 minutes

 2 servings

 Fish

2 November 2020

## *Cooked veggies*

*You can roughly chop the carrots and broccolini and boil (or steam) them to serve on the side instead of adding them to the curry.*

## FROM YOUR BOX

SPRING ONIONS	1/3 bunch *
CURRY PASTE	1 sachet (50g)
CARROT	1
COURGETTES	2
BROCCOLINI	1 bunch
COCONUT MILK	165ml
RICE NOODLES	200g
WHITE FISH FILLETS	1 packet
LEMON	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

saucepan, frypan

## NOTES

If you like it hot & spicy, add a dash of chilli flakes or chopped fresh chilli with the paste.

To hide the veggies, you can grate them instead.

**No fish option - white fish fillets are replaced with diced chicken breast fillet.** Add at the start of step 2, then cook as per recipe.



### 1. FRY THE PASTE

Heat a frypan with **oil** over medium-high heat. Slice spring onions (keep some green tops for garnish) and add to pan with curry paste (see notes). Cook for 2 minutes.



### 2. ADD THE VEGETABLES

Slice carrot and courgettes into crescents (see notes) and broccolini into florets. Add to frypan with coconut milk and **1 tin water**. Cover and simmer for 5-10 minutes until vegetables are just tender.



### 3. COOK THE NOODLES

Bring a saucepan of water to the boil. Cook noodles for 2 minutes or until just tender. Drain and rinse in cold water.



### 4. ADD THE FISH

Dice fish into bite-size pieces and add to curry. Simmer for a further 5 minutes or until fish is cooked through. Season to taste with **salt and pepper** and stir through 1 tbsp lemon juice.



### 5. FINISH AND PLATE

Wedge remaining lemon.

Divide noodles and curry among bowls. Spoon over curry, top with reserved spring onion tops and a wedge of lemon.

**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**

