



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

 4 servings

 Fish

2 November 2020

## *Cooked veggies*

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

## FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
CURRY PASTE	2 sachets (100g)
CARROT	1
ZUCCHINI	1
BROCCOLI	1
COCONUT MILK	400ml
RICE NOODLES	375g
WHITE FISH FILLETS	2 packets
LEMON	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

saucepan, large 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 zucchini into crescents (see notes) and broccoli into florets. Add to frypan with coconut milk and **1/2 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 juice from 1/2 lemon.



### 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](mailto:hello@dinnertwist.com.au)

