



Product Spotlight: Lemongrass

To prepare lemongrass peel away any dried-out layers, then bash the woody parts with a rolling pin to soften and help release some of the aromatic oils before chopping.



Lemongrass and Coconut Broth with Poached Fish

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



25 minutes



2 servings



Fish

Spice it up!

Add 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	TOTAL FAT	CARBOHYDRATES
	41g	44g	46g

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet
LEMONGRASS	1
TOMATO	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
LIME LEAVES	2
TINNED COCONUT MILK	400ml
WHITE FISH FILLETS	1 packet
LIME	1

FROM YOUR PANTRY

oil for cooking, pepper, fish sauce (or soy sauce), ground turmeric (or curry powder), sugar (of choice)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

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

If you want to add extra aromatics to this dish try grated ginger or minced garlic.

Rinse fish fillets with cold water before adding to frypan.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook until tender. Drain and rinse well with cold water.



2. SAUTÉ THE AROMATICS

Meanwhile, heat a large frypan over medium-high heat with **oil**. Trim and finely slice **lemongrass** (see notes). Add to pan along with **2 tsp turmeric** and cook, stirring, for 1-2 minutes until fragrant (see notes).



3. SIMMER THE BROTH

Dice **tomato** and **zucchini**, slice **mushrooms**. Add to pan as you go, along with crushed **lime leaves**, **coconut milk**, **1/2 tin water** and **2 tbsp fish sauce**. Cook, covered, for 5 minutes.



4. ADD THE FISH TO POACH

Cut **fish** into smaller pieces and add to frypan (see notes). Cook for 8-10 minutes or until **fish** is cooked through.

Remove from heat and stir through **zest and juice from 1/2 lime** (wedge remaining) and adjust seasoning with **1-2 tsp sugar**, **fish sauce** and **pepper** to taste.



5. FINISH AND SERVE

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

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