



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
	27g	32g	28g

FROM YOUR BOX

BEAN THREAD NOODLES	100g
LEMONGRASS	1
LIME	1
TOMATO	1
ZUCCHINI	1
BUTTON MUSHROOMS	150g
TINNED COCONUT MILK	400ml
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari),
curry powder

KEY UTENSILS

large frypan, 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, minced garlic and thinly sliced kaffir lime leaves.

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) and zest lime. Add to pan along with **1 tbsp curry powder** 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 coconut milk, **1/2 tin water** and **2 tbsp soy sauce**. Cook, covered, for 5 minutes.



4. ADD THE FISH TO POACH

Cut fish into cubes and add to frypan (see notes). Cook for 8-10 minutes or until fish is cooked through. Stir through juice from 1/2 lime (wedge remaining) and adjust seasoning with **soy 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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