

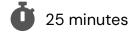


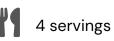


Lemongrass and Coconut Broth

with Poached Fish

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







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!

FROM YOUR BOX

BEAN THREAD NOODLES	1 packet
LEMONGRASS	1
TOMATOES	2
ZUCCHINI	1
BUTTON MUSHROOMS	300g
KAFFIR LIME LEAVES	2
TINNED COCONUT MILK	400ml
WHITE FISH FILLETS	2 packets
LIME	1

FROM YOUR PANTRY

oil for cooking, pepper, fish sauce (or soy sauce), ground turmeric, 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 tomatoes and zucchini. Slice mushrooms. Add to pan as you go, along with crushed lime leaves, coconut milk, 1 tin (400ml) water and 3 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. Stir through **zest and juice from 1/2 lime** (wedge remaining) and adjust seasoning with **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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