



Product Spotlight: Bean Shoots

To refresh your bean shoots, place them in a large bowl and cover with water. Keep refrigerated until you are ready to use them.



Sweet and Sour Thai Fish Soup with Veggie Noodles

A sweet and sour Thai-style soup flavoured with fiery and fragrant red curry paste, poached white fish, zingy lime and fresh bean shoots served over veggie noodles.



25 minutes



4 servings



Fish

Bulk it up!

If you want to get extra serves from this dish, slice the carrot and zucchini and add them to the soup along with a tin of coconut milk, then serve over cooked noodles.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	5g	15g

FROM YOUR BOX

TOMATOES	2
BABY KING OYSTER MUSHROOMS	1 packet
CURRY PASTE	1 jar
ZUCCHINIS	2
CARROTS	2
WHITE FISH FILLETS	2 packets
LIME	1
BEAN SHOOTS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, 1 stock cube, soy sauce (or tamari)

KEY UTENSILS

large frypan with lid, kettle

NOTES

The curry paste can be a little spicy, so use it to taste. We recommend using 1 tbsp if you don't like spice or the whole tin if you do. You can store any leftover paste in the freezer to use at a later date. You can also add a tin of coconut milk to the soup to make it milder.



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1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Wedge **tomatoes** and halve any larger **mushrooms**. Add to pan as you go and cook for 3 minutes.



2. SIMMER THE SOUP

Add **2-3 tbsp curry paste** (see notes). Crumble in **stock cube** and pour in **1 L water**. Simmer, covered, for 5 minutes.

Tin 100g jar 200g



3. MAKE THE NOODLES

Boil the kettle.

Julienne or ribbon **zucchini** and **carrots** into noodles using a Julienne peeler/spiralizer or vegetable peeler, and place in a large bowl. Pour **hot water** over noodles. Drain the noodles.



4. ADD THE FISH

Cut **fish** into smaller pieces. Add to broth and simmer, covered, for a further 5 minutes.



5. SEASON THE SOUP

Remove pan from heat. Zest **lime**. Add to pan along with juice from **1/2 lime** (wedge remaining). Season to taste with **1 tbsp soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide **noodles** among bowls. Ladle over **soup**. Serve with **bean shoots** and **lime wedges**.

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