



Product Spotlight: Gai Lan

Gai Lan is one of many Asian green vegetables. Also known as Chinese broccoli, it has thick, glossy, blue green leaves and thick stems.



Vietnamese Turmeric Fish with Vermicelli Noodles

This twist on Vietnamese turmeric fish offers a flavourful and nutritious option for a weeknight meal. Easily customisable to suit your taste preferences, it features a lovely blend of dill, peanuts, and chilli for added zest.



35 minutes



4/6 servings



Fish

Make a laksa!

For a warmer dish, you can transform this to a laksa, using coconut milk, water and a store-bought laksa paste. Serve with noodles and top with fish and garnish ingredients.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	38g	8g	126g/86g

FROM YOUR BOX

	4 PERSON	6 PERSON
GARLIC CLOVES	2	2
GINGER	1 piece	1 piece
RED CHILLI	1	1
LIME	1	2
DILL	1 packet	1 packet
ROASTED PEANUTS	40g	2 x 40g
WHITE FISH FILLETS	2 packets	3 packets
THICK RICE VERMICELLI NOODLES	2 x 300g	2 x 300g
GAI LAN	1 bunch	1 bunch
SPRING ONIONS	1 bunch	2 bunches

FROM YOUR PANTRY

sesame oil (or other, see notes), pepper, fish (or soy) sauce, brown sugar (or other), ground turmeric

KEY UTENSILS

large frypan, large saucepan

NOTES

We used sesame oil for added flavour but you can use any neutral oil of choice.

Drain and rinse noodles well with cold water to stop the cooking process. You may need to refresh in some water again before serving.



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1. PREPARE SAUCE & GARNISH

Crush **garlic** and grate **ginger** to yield 1/2-1 tbsp. Finely chop **1/2 chilli**, zest and juice **1/2 lime**. Combine in a bowl with **3 tbsp fish sauce, 2 tbsp sugar, pepper and 1/2 cup water**. Chop **dill** and **peanuts**, wedge 1/2 lime and slice remaining chilli.

6P - use 1 tbsp ginger, zest and juice of 1 lime, 5 tbsp fish sauce, 3 tbsp sugar, pepper and 3/4 cup water. Wedge 1 lime.



2. MARINATE THE FISH

Bring a large saucepan of water to the boil. Place **4 tbsp of the sauce** in a shallow bowl and add **1 tsp ground turmeric**. Combine well. Rinse **fish** and cut into large chunks. Toss into marinade to coat.

6P - place 5 tbsp of the sauce in a shallow bowl and add 2 tsp ground turmeric.



3. COOK THE NOODLES

Add **noodles** to the boiling water. Cook for 18-20 minutes or until al dente. Drain and rinse in cold water (see notes).



4. STIR-FRY THE GAI LAN

Trim, rinse and roughly chop the **Gai lan**. Heat a large frypan with **oil** over medium-high heat. Add greens and stir-fry for 5 minutes or until softened to your liking. Add a splash of **fish sauce** and season with **pepper**. Transfer to a serving bowl and keep pan over medium-high heat.



5. COOK THE FISH

Slice **spring onions** into 3cm lengths. Add to pan with **2 tbsp oil**. Cook for 2 minutes until slightly softened. Add the **fish** and **marinade** and cook for 2-3 minutes on each side or until cooked through.



6. FINISH AND SERVE

Assemble shallow bowls with **noodles, Gai lan** and **fish**. Garnish to taste with **dill, peanuts, chilli** and a **lime wedge**. Finish with a **drizzle of sauce** over the top.

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