



Product Spotlight: Catalano's

This family business commits to sustainable fishing that is not ruining the seabed. They also go out of their way to bring you the freshest catch, with no chemicals added to their packs.



Fish Bites

with Curry Noodle Soup

Deliciously fragrant red coconut curry served with bites of pan-fried fish, ribbons of fresh vegetables, lime, and thick rice noodles from Mrs Tran's.



25 minutes



2 servings



Fish

12 May 2023

Bulk it up!

If you want to bulk up this meal and get extra servings, add oyster or button mushrooms, or serve it with a side of Asian greens sautéed in garlic and soy sauce.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	20g	154g

FROM YOUR BOX

THICK RICE VERMICELLI NOODLES	1 packet
RED CURRY PASTE	1 jar
TINNED COCONUT MILK	165ml
WHITE FISH FILLETS	1 packet
ZUCCHINI	1
CARROT	1
LIME	1
BEAN SHOOTS	1 bag

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, 2 saucepans

NOTES

The curry paste can be spicy, so use it to taste; we recommend using 1/2 tbsp if you don't like spice. Transfer any leftover paste into a freezable container and store it in the freezer to use at a later date.



1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook for 10-12 minutes until al dente. Drain and rinse with cold water.



2. SIMMER THE CURRY

Heat a second saucepan over medium-high heat. Add 1 1/2 tbsp curry paste (see notes). Pour in coconut milk, **1 tbsp soy sauce** and **600ml water**. Simmer, covered, for 10 minutes.



3. COOK THE FISH

Heat a large frypan over medium-high heat. Cut fish into bite-size pieces. Coat in **oil**, **1/2 tbsp soy sauce** and **pepper**. Add to pan and cook for 2-4 minutes until cooked through.



4. PREPARE THE TOPPINGS

Ribbon zucchini. Julienne or ribbon carrot. Zest lime and wedge half (reserve remaining for step 5). Set aside with bean shoots.



5. SEASON THE CURRY

Add zest and juice of half lime to curry and stir to combine.



6. FINISH AND SERVE

Divide noodles among bowls. Ladle in curry. Top with fresh vegetables and fish bites.



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