

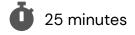




## **Fish Bites**

### 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.





2 servings



Fish

# 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

39g 20g

g

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.



**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



