



**Product Spotlight:  
Island Curry Mix**


A warming, coconutty flavour featuring cumin, coconut, turmeric, coriander, WA desert lime, ginger and chilli. This versatile mix goes well with most proteins and even roasted veggies.




# Island Coconut Fish

## with Stir-Fry Noodles

Vegetables and rice noodles stir-fried with coconut curry spice mix from GH Produce and served with white fish fillets and charred Asian greens.

 25 minutes

 2 servings

 Fish

31 March 2023



### Switch it up!

*Switch the oyster sauce for soy sauce, tamari or recap manis. Omit the dried chilli flakes if desired.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	34g	23g	101g

## FROM YOUR BOX

RICE NOODLES	1 packet
WHITE FISH FILLETS	1 packet
ASIAN GREENS	2 bulbs
LIME	1
SPRING ONIONS	1 bunch
CARROT	1
BEAN SHOOTS	1 bag
ISLAND CURRY SPICE MIX	1 sachet

## FROM YOUR PANTRY

sesame oil, salt, pepper, dried chilli flakes, oyster sauce, 1 garlic clove, ground cumin

## KEY UTENSILS

2 frypans, saucepan

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. COOK THE NOODLES

Bring a large saucepan of water to a boil. Add noodles and cook according to packet instructions. Drain and rinse.



### 2. COOK THE FISH FILLETS

Heat a large frypan over medium-high heat. Coat fish fillets in **oil, 1 tsp cumin, salt and pepper**. Add to pan and cook for 2-4 minutes each side. Remove fish and reserve frypan.



### 3. COOK THE ASIAN GREENS

Heat a second frypan over medium-high heat with **oil**. Halve Asian greens and **crush garlic clove**. Add to pan and cook, turning, for 4 minutes until greens are charred. Remove to a plate, add lime zest, drizzle over **2 tsp oyster sauce** and sprinkle over **1/2-1 tsp chilli flakes**.



### 4. STIR-FRY THE VEGETABLES

Cut spring onions into 3cm pieces. Thinly slice carrot. Add to reserved frypan and cook for 2 minutes. Add bean shoots and cook for a further minute.



### 5. ADD THE NOODLES

Add noodles, spice mix, **3 tbsp water, 2 tbsp oyster sauce** and **2 tbsp oil** to pan with stir-fry. Toss well to combine.



### 6. FINISH AND SERVE

Serve noodles and fish tableside with lime wedges and charred Asian greens.

**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](mailto:hello@dinnertwist.com.au)

