

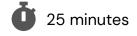




Island Coconut Fish

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.





2 servings



Switch it up!

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

TOTAL FAT CARBOHYDRATES

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.

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