

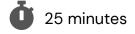




Lemongrass & Coconut Broth

with Poached Fish

White fish fillets poached in lemongrass and coconut broth with vegetables and zesty lime, served with noodles.





2 servings



Spice it up!

Add thinly sliced chilli, dried chilli flakes, or your favourite hot sauce to the finished dish if you want to spice it up!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

30g 16g

61g

FROM YOUR BOX

NOODLES	1 packet
LEMONGRASS	1
LIME	1
ТОМАТО	1
ZUCCHINI	1
SLICED MUSHROOMS	1 punnet (200g)
TINNED COCONUT MILK	165ml
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

See product spotlight on front page for tips on how to prepare your lemongrass.

If you want to add extra aromatics to this dish try grated ginger, minced garlic and thinly sliced kaffir lime leaves.

Rinse fish fillets with cold water before adding to frypan.





1. COOK THE NOODLES

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



2. SAUTÉ THE AROMATICS

Meanwhile, heat a large frypan over medium-high heat with oil. Trim and finely slice lemongrass (see notes) and zest lime. Add to pan along with 2 tsp curry powder and cook, stirring, for 1–2 minutes until fragrant.



3. SIMMER THE BROTH

Dice tomato and zucchini. Add to pan as you go, along with mushrooms, coconut milk, 1 tin water and 1 1/2 tbsp soy sauce. Cook, covered, for 5 minutes.



4. ADD THE FISH

Cut fish into cubes (see notes) and add to frypan. Cook for 8-10 minutes until fish is cooked through. Stir through juice from 1/2 lime (wedge remaining) and season with pepper.



5. FINISH AND SERVE

Divide noodles among bowls. Spoon over broth with fish. Serve with lime wedges.

