



Product Spotlight: Sugar Snap Peas

Sugar snap peas are a good source of B-vitamins. These essential nutrients help convert our food into fuel, and help us stay energised throughout the day!



Singapore Noodles

with Pan-Fried Fish

A much-loved noodle dish with crunchy, colourful stir-fry veggies tossed with rice vermicelli noodles and a tomato curry sauce served with white fish fillets and slices of fresh red chilli!



20 minutes



2 servings



Fish

17 February 2023

Spice it up!

Blend the chilli, a splash of chilli oil or some of your favourite chilli sauce into the noodle sauce to spice up this dish!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	11g	101g

FROM YOUR BOX

RICE VERMICELLI	200g
TOMATO PASTE	1 sachet
SUGAR SNAP PEAS	1 packet (150g)
SPRING ONIONS	1 bunch
CARROT	1
LIME	1
WHITE FISH FILLETS	1 packet
RED CHILLI	1

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan or wok, frypan, saucepan

NOTES

Rinsing the noodles in cold water will stop them from overcooking and breaking up in the pan when you toss them.

You can use sesame oil for added flavour if preferred.

For a sweeter and more child-friendly flavour, you can use kecap manis instead of soy sauce, or toss the noodles with some honey or sugar to taste.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Cook noodles for 1-2 minutes until al dente. Drain and rinse under cold water (see notes).



2. MAKE THE SAUCE

Combine tomato paste, **2 tbsp curry powder**, **1 1/2 tbsp soy sauce** and **1 1/2 tbsp oil** in a bowl (see notes). Set aside.



3. PREPARE THE VEGETABLES

Trim and slice sugar snap peas and spring onions (reserve green tops for garnish). Cut carrot into crescents.



4. COOK THE VEGETABLES

Heat a large frypan or wok over medium-high heat with **oil**. Add vegetables. Cook for 5 minutes until tender. Add noodles, sauce, lime zest and juice from 1/2 lime (wedge remaining). Toss until well combined. Season to taste with **pepper** and more **soy sauce** if needed.



5. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Coat fish in **1 tbsp soy sauce** and season with **pepper**. Add to pan and cook for 2-4 minutes each side until cooked through.



6. FINISH AND SERVE

Thinly slice chilli.

Divide noodles among plates. Serve with fish. Garnish with reserved spring onion green tops, chilli slices and lime wedges.

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**

