

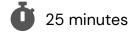




Island Coconut Fish

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.





4 servings



Fish

Switch it up!

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

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

31g 16g

16g

90g

FROM YOUR BOX

RICE NOODLES	1 packet
WHITE FISH FILLETS	2 packets
ASIAN GREENS	1 bumch
LIME	1
SPRING ONIONS	1 bunch
CARROTS	2
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, 2 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 1 tbsp oyster sauce and sprinkle over 1 tsp chilli flakes.



4. STIR-FRY THE VEGETABLES

Cut spring onions into 3cm pieces. Thinly slice carrots. 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, 1/4 cup water, 3 tbsp oyster sauce and 3 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.

