



### 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.

 **GHPRODUCE**

## 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



4 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: **PROTEIN** 31g **TOTAL FAT** 16g **CARBOHYDRATES** 90g

## FROM YOUR BOX

RICE NOODLES	1 packet
WHITE FISH FILLETS	2 packets
ASIAN GREENS	1 bunch
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.

**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**

