



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sesame Seeds

These tiny seeds contain protein, making them a great addition to your family's diet! Protein is an important building block in bones, muscles, skin and blood.



## R4 Sesame-Crusted Fish with Ginger Miso Broth

White fish fillets crusted in sesame seeds and pan-fried, served with a umami-rich ginger and miso broth, noodles and Asian greens.

 25 minutes

 4 servings

 Fish

30 September 2022

## Spice it up!

*This dish would love some chilli! Serve with slices of fresh red chilli, dried chilli flakes or a drizzle of chilli oil.*

Per serve: **PROTEIN** 40g **TOTAL FAT** 17g **CARBOHYDRATES** 78g

## FROM YOUR BOX

SPRING ONIONS	1 bunch
GINGER	1 piece
TARE	1 sachet (100g)
ASIAN GREENS	1 bunch
WHITE FISH FILLETS	2 packets
WHITE SESAME SEEDS	1 packet (80g)
ZUCCHINI	1
BEAN THREAD NOODLES	1 packet (200g)
RED CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

We used sesame oil for extra flavour.

Cook noodles in a separate saucepan if you are not going to eat them immediately.



### 1. MAKE THE BROTH

Heat a saucepan over medium-high heat with **oil** (see notes). Thinly slice spring onions (reserve some green tops for garnish). Peel and grate ginger. Add to saucepan and cook, stirring, for 2 minutes.



### 2. SIMMER THE BROTH

Pour **1.5 L water** and tare into saucepan. Simmer, covered, for 10 minutes. Season to taste with **1 - 1 1/2 tbsp soy sauce** and **pepper**.



### 3. COOK THE GREENS

Heat a large frypan over medium-high heat with **oil**. Halve Asian greens and add to pan. Cook for 2-3 minutes each side until slightly charred. Remove to a plate and keep pan over heat.



### 4. COOK THE FISH

Coat fish in **oil, salt and pepper**. Empty sesame seeds onto a plate. Press fish into seeds to coat. Add coated fish to frypan and cook for 2-4 minutes each side until cooked through.



### 5. COOK THE NOODLES

Meanwhile, julienne or ribbon zucchini into noodles using a julienne peeler/spiralizer or vegetable peeler (see notes). Add to broth along with bean thread noodles and cook for 2 minutes. Remove saucepan from heat.



### 6. FINISH AND SERVE

Thinly slice capsicum and slice fish.

Divide noodles and broth among bowls. Serve with Asian greens. Top with slices of fish, capsicum and spring onion green tops.

**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](mailto:hello@dinnertwist.com.au)

