



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Coriander

The whole coriander plant is edible with roots carrying the most flavour! Some people dislike it and think it has an unpleasant 'soapy' taste which is actually to do with genetics!



1 Salt & Pepper Fish with Crispy Noodle & Herb Salad

A fresh herb salad with mint, coriander, chilli and lime tossed with crispy bean thread noodles and topped with salt and pepper fish.

 35 minutes

 2 servings

 Fish

15 February 2021

Spice it up!

You can add peanuts, toasted sesame seeds or shredded coconut to garnish for a more exciting dish! Dust the fish with flour of choice before cooking for an extra crispy finish.

Per serve: **PROTEIN** 25g **TOTAL FAT** 22g **CARBOHYDRATES** 59g

FROM YOUR BOX

LIME	1
MINT	1/2 bunch *
CORIANDER	1 packet
SPRING ONION	1 *
RED CHILLI	1
RED CAPSICUM	1/2 *
MESLUN LEAVES	1 bag (60g)
BEAN THREAD NOODLES	1 packet (100g)
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, soy sauce (or tamari), sesame oil, sugar (brown or of choice), ground cumin

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer to not crisp up the noodles you can boil them in water instead. To crisp the noodles, use a neutral flavoured oil. Pull the noodles apart in a large bowl and use scissors to cut them into smaller pieces.

No fish option - white fish fillets are replaced with chicken breast fillets. Dice chicken and cook for 6-8 minutes turning or until cooked through.



1. PREPARE THE DRESSING

Zest and juice the lime. Combine with **1 tbsp sugar, 2 tbsp soy sauce** and **1 tbsp sesame oil**. Set aside.



2. PREPARE THE SALAD

Pick the mint leaves and roughly chop coriander. Slice spring onion, chilli and capsicum. Toss together with mesclun leaves.



3. COOK THE NOODLES

Heat a small saucepan over medium-high heat with **1 cup oil** (see notes). Pull noodles apart into sections. Use tongs to add each noodle section to hot oil for 15 seconds on each side, or until puffed up. Remove to paper towel and repeat with remaining noodles. Set aside.



4. COOK THE FISH

Cut fish fillets into smaller pieces. Coat with **1 tsp cumin, oil, salt and pepper**. Heat a frypan over medium-high heat. Cook fish for 3-4 minutes each side until cooked through.



5. FINISH AND PLATE

Arrange crispy noodles among shallow bowls. Top with salad and pieces of fish. Spoon over dressing to taste.

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

