



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




## Product Spotlight: Ginger


Ginger has a number of health benefits. It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



# 1 Sesame Crusted Fish with Ginger Noodles

Turmeric rice noodles tossed with fresh Asian greens and a ginger dressing, served alongside sesame crusted white fish fillets.

 30 minutes

 2 servings

 Fish

1 February 2021

## Spice it up!

*You can spice the fish fillets with Chinese Five Spice or a little samba oelek if you have some! Add some fried shallots to the noodle salad for extra crunch.*

Per serve: **PROTEIN** 34g **TOTAL FAT** 24g **CARBOHYDRATES** 88g

## FROM YOUR BOX

NOODLES	1 packet
ASIAN GREENS	2 bulbs
CARROT	1
SPRING ONION	1*
GINGER	1 piece
WHITE FISH FILLETS	1 packet
SESAME SEEDS	1/2 packet (20g)*

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

soy sauce (or tamari), sesame oil, salt and pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you prefer a warmer dish you can cook the Asian greens, carrot and spring onions before tossing through the noodles.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4-5 minutes on each side or until cooked through.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook for 4-6 minutes until al-dente. Drain and rinse. Set aside.



### 2. PREPARE THE SALAD

Slice Asian greens and julienne (or grate) carrot. Slice spring onion (reserve tops for garnish). Place into a large bowl.



### 3. DRESS THE SALAD

Peel and grate ginger to yield 1 tbsp. Combine with **2 tbsp soy sauce** and **2 tbsp sesame oil**. Toss through cooked noodles and salad.



### 4. COAT THE FISH

Coat fish fillets with **1 tsp sesame oil, salt and pepper**. Roll in sesame seeds.



### 5. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side or until cooked through.



### 6. FINISH AND PLATE

Divide noodle salad and fish among plates. Garnish with spring onion 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**

