



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Asian Greens


A great, super versatile vegetable to boost up the nutrition of your dish! They provide good levels of vitamin C and anti-oxidants!



## 1 Ginger and Soy Fish with Stir-Fried Vegetables

Stir-fried vegetables and ramen noodles, tossed in a ginger sauce and served with baked fish.

 30 minutes

 2 servings

 Fish

24 September 2021

## Less dishes!

*If you don't want to cook your fish in the oven, you can cut it into small pieces and add to your frypan when you stir-fry the vegetables. That way there will be less dishes to wash up!*

Per serve: **PROTEIN** 34g **TOTAL FAT** 18g **CARBOHYDRATES** 119g

## FROM YOUR BOX

NOODLES	1 packet
GINGER	1 piece
WHITE FISH FILLETS	1 packet
YELLOW CAPSICUM	1
ZUCCHINI	1/2 *
ASIAN GREENS	2 bulbs
CARROT	1
RED CHILLI	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

pepper, sesame oil, soy sauce (or tamari), white wine vinegar

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

If you don't have sesame oil, any neutral oil will work.

Remove chilli seeds for a milder spice level.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Heat a frypan over medium-high heat. Coat chicken schnitzels in 2 tbsp prepared sauce. Add to pan and cook for 5 minutes each side or until cooked through.



### 1. COOK THE NOODLES

Set oven to 220°C.

Bring a saucepan of water to the boil. Add noodles and cook according to packet instructions. Drain and rinse with cold water.



### 2. BAKE THE FISH

Grate ginger to yield 1/2 tbsp. Whisk together with **2 tbsp sesame oil, 2 tbsp soy sauce, 1 tbsp vinegar, 1 tbsp water and pepper.**

Place fish on a lined oven tray. Coat with 1 tbsp prepared sauce. Bake for 8-12 minutes or until cooked through.



### 3. PREPARE VEGETABLES

Slice capsicum, zucchini and Asian greens. Julienne or ribbon carrot. Thinly slice chilli (see notes), set aside for garnish.



### 4. STIR FRY VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Add vegetables. Cook, stirring, for 4-6 minutes until vegetables are tender. Remove from heat.



### 5. TOSS THE NOODLES

Add noodles and remaining sauce to frypan. Toss through vegetables until well coated. Season with **soy sauce and pepper.**



### 6. FINISH AND SERVE

Divide stir-fry among bowls. Top with baked fish and garnish with sliced chilli.

**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)

