




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

 4 servings

 Fish

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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** 27g **TOTAL FAT** 9g **CARBOHYDRATES** 61g

FROM YOUR BOX

NOODLES	1 packet
GINGER	1 piece
WHITE FISH FILLETS	2 packets
YELLOW CAPSICUM	1
GREEN CAPSICUM	1
ASIAN GREENS	1 bunch
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 tbsp. Whisk together with **2 tbsp sesame oil, 3 tbsp soy sauce, 2 tbsp vinegar, 2 tbsp water and pepper.**

Place fish on a lined oven tray. Coat with 2 tbsp prepared sauce. Bake for 8-12 minutes or until cooked through.



3. PREPARE VEGETABLES

Slice capsicums 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**

