



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

 4 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** 28g **TOTAL FAT** 13g **CARBOHYDRATES** 45g

FROM YOUR BOX

NOODLES	1 packet
CONTINENTAL CUCUMBER	1/2 *
ASIAN GREENS	1 bunch
CARROT	1
SPRING ONIONS	1/4 bunch *
GINGER	1 piece
WHITE FISH FILLETS	2 packets
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. Serve with cucumber on the side.

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

Deseed and slice cucumber. Slice Asian greens and julienne (or grate) carrot. Slice spring onions (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 **1/2 tbsp 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

