



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Curry Paste

Handmade with love in WA by Turban Chopsticks, this green curry paste adds a lovely fragrant flavour and contains all natural ingredients.



1 Thai Green Curry Fish Noodles

Fragrant green fish curry using Turban Chopstick's locally made paste, served with bean thread noodles, fresh lime and crunchy bean shoots.

 25 minutes

 4 servings

 Fish

26 October 2020

Spice it up!

Add some stock to the curry to transform the dish into a laksa noodle soup instead! Add extra flavour and fragrance with some soy sauce for seasoning or add a lemongrass stalk to the curry as it cooks.

Per serve: **PROTEIN** 27g **TOTAL FAT** 27g **CARBOHYDRATES** 66g

FROM YOUR BOX

| | |
|---------------------|------------------|
| BEAN THREAD NOODLES | 1 packet (200g) |
| SNOW PEAS | 1/2 bag (125g) * |
| CARROTS | 2 |
| WHITE FISH FILLETS | 2 packets |
| GREEN CURRY PASTE | 1 jar |
| COCONUT MILK | 400ml |
| LIME | 1 |
| MINT | 1/3 bunch * |
| BEAN SHOOTS | 1 bag (250g) |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

large frypan, saucepan

NOTES

For extra fragrance, use coconut oil if you have some. If you're sensitive to heat, try adding 1/2 of the curry paste to the dish first. Add extra water while simmering if needed.

Keep the snow peas fresh if preferred. Trim and thinly slice and use as a garnish.

No fish option - white fish fillets are replaced with diced chicken breast. Add chicken to pan along with the veggies in step 3. Simmer for 10-12 minutes or until cooked through.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2 minutes, or until just tender. Drain and rinse in cold water.



2. PREPARE THE CURRY

Trim and halve snow peas. Slice carrots into crescents. Cut fish fillets into bite size pieces.



3. SAUTÉ THE VEGGIES

Heat a frypan over medium-high heat with oil (see notes). Add snow peas and carrots. Stir in green curry paste. Cook for 3 minutes until fragrant.



4. ADD FISH AND SIMMER

Add fish pieces and coconut milk. Simmer for 10 minutes until cooked through. Add lime zest, and juice from 1/2 the lime (wedge remaining). Season with **salt and pepper**.



5. FINISH AND PLATE

Divide noodles and curry among bowls. Garnish with mint leaves and bean shoots. Serve with lime wedges.

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

