



ASIAN-STYLE FISH

WITH NOODLE SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 25 minutes

Asian-style fish with noodle salad is a refreshing meal with a delicious tangy dressing. In less than half an hour you'll have a yummy, nutritious dinner ready to go!



DRESSING

- 1 orange
- 3 Tbsp soy sauce
- 2 Tbsp apple cider vinegar
- 1 Tbsp sesame oil
- 1/2 Tbsp honey
- 1/8 tsp black pepper

SALAD

- 350g pre-cooked Singapore noodles (12.3oz)
- 1 Lebanese cucumber
- 1 red capsicum

- 3 small radishes
- Large handful fresh coriander
- 50g snow pea shoots (1.4oz)

FISH

- 500g white fish fillets (1lb 2oz)
- 1/4 cup cornflour
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp sesame seeds
- 1 Tbsp vegetable oil

1. PREPARE DRESSING

Zest and juice orange. You should get about 1/3 cup juice. Combine zest and juice with remaining dressing ingredients in a jar and shake well to combine.

2. PREPARE SALAD

Place noodles in a heat proof bowl and cover with boiling water. Leave for 4 minutes, then drain well.

3. Cut cucumber in half vertically and remove the seeds, then slice. Cut the capsicum into strips and thinly slice radishes. Roughly chop coriander. In a large bowl, combine noodles with cucumber, capsicum, radish, coriander and snow pea sprouts. Pour over half of the dressing and toss to combine.

4. COOK FISH

Mix the cornflour, salt and pepper together on a dinner plate. Dip both sides of the fish fillets into the cornflour mixture to coat.

5. Heat a large frying pan over medium-high heat. Add the sesame seeds and lightly toast. Remove from pan. Place oil in the pan. Once heated, add the fish fillets and cook for a couple of minutes on each side, until lightly browned and almost cooked through. Add remaining dressing to pan and cook for a couple of minutes, until sauce has thickened slightly.

6. SERVE

Toss most of the sesame seeds through the salad. Plate out individual portions of salad and top with fish. Drizzle with juices from the pan and sprinkle with remaining sesame seeds.



WINE MATCH: A Gewürztraminer would be perfect.

ASIAN-STYLE FISH RECIPE NOTES

GLUTEN-FREE OPTION: Make sure you use gluten-free soy sauce. Replace Singapore noodles with gluten-free soba noodles or rice noodles. Ensure cornflour is gluten-free.

INGREDIENT NOTES / SWAPS: You could use orange juice instead of fresh oranges (you will need 1/3 of a cup). Snow pea shoots could be swapped for mung bean sprouts. If you don't like coriander, replace with finely sliced spring onion.

STORING AND REHEATING: Store fish separate from salad. Reheat fish in the microwave (don't overheat it or it will go tough). Noodle salad can be eaten cold. Give it a toss before serving to mix through the dressing that will have collected at the bottom.