




Product Spotlight: Sesame Seeds


These tiny seeds contain protein, making them a great addition to your family's diet! Protein is an important building block in bones, muscles, skin and blood.



R2 Sesame-Crusted Fish with Ginger Miso Broth

White fish fillets crusted in sesame seeds and pan-fried, served with a umami-rich ginger and miso broth, noodles and Asian greens.

 25 minutes

 2 servings

 Fish

30 September 2022

Spice it up!

This dish would love some chilli! Serve with slices of fresh red chilli, dried chilli flakes or a drizzle of chilli oil.

Per serve: **PROTEIN** 42g **TOTAL FAT** 17g **CARBOHYDRATES** 84g

FROM YOUR BOX

SPRING ONIONS	1 bunch
GINGER	1 piece
TARE	1 sachet (50g)
ASIAN GREENS	2 bulbs
WHITE FISH FILLETS	1 packet
WHITE SESAME SEEDS	1 packet (40g)
ZUCCHINI	1
BEAN THREAD NOODLES	1 packet (100g)
RED CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Cook noodles in a separate saucepan if you are not going to eat them immediately.



1. MAKE THE BROTH

Heat a saucepan over medium-high heat with **oil** (see notes). Thinly slice spring onions (reserve some green tops for garnish). Peel and grate ginger. Add to saucepan and cook, stirring, for 2 minutes.



2. SIMMER THE BROTH

Pour **750 ml water** and tare into saucepan. Simmer, covered, for 10 minutes. Season to taste with **1 tbsp soy sauce** and **pepper**.



3. COOK THE GREENS

Heat a large frypan over medium-high heat with **oil**. Halve Asian greens and add to pan. Cook for 2-3 minutes each side until slightly charred. Remove to a plate and keep pan over heat.



4. COOK THE FISH

Coat fish in **oil, salt and pepper**. Empty sesame seeds onto a plate. Press fish into seeds to coat. Add coated fish to frypan and cook for 2-4 minutes each side until cooked through.



5. COOK THE NOODLES

Meanwhile, julienne or ribbon zucchini into noodles using a julienne peeler/spiralizer or vegetable peeler (see notes). Add to broth along with bean thread noodles and cook for 2 minutes. Remove saucepan from heat.



6. FINISH AND SERVE

Thinly slice capsicum and slice fish.

Divide noodles and broth among bowls. Serve with Asian greens. Top with slices of fish, capsicum and spring onion green 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**

