






Cooking Made Easy

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Coconut Poached Cod with Kaffir Lime and Noodles

Every week you help us shape the future of your HelloFresh dinners by filling out our recipe survey. Every week our Renee goes through every one of the thousands of replies and sits down with Head Chef Patrick to chat about your thoughts. Turns out one of our most popular dishes is a fish pie where we poached the fish in stock. We thought we'd try that technique again, with a little Asian twist!



30 min



seafood first



spicy



lactose free



Spring Onion



Garlic Clove



Ginger



Cod Fillet



Red Curry Paste



Organic Coconut Milk



Chicken Stock Pot



Kaffir Lime Leaf



Lime



Egg Noodles



Coriander

Ingredients

	2P	4P
Spring Onion, chopped	2	4
Garlic Clove, chopped	1	2
Ginger, chopped	1 tbsp	2 tbsp
Cod Fillet 1	2	4
Red Curry Paste	1 pot	2 pot
Organic Coconut Milk	$\frac{2}{3}$ cup	1 $\frac{1}{2}$ cups
Chicken Stock Pot	1	2
Kaffir Lime Leaf	1	1
Lime	1	2
Egg Noodles 2, 3	2 nests	3 nests
Coriander, chopped	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Fish | **2)** Egg

3) Gluten

Nutrition per serving: Calories: 553 kcal | Protein: 31 g | Carbs: 55 g | Fat: 22 g | Saturated Fat: 16 g



1 Bring 850ml of water to the boil in a kettle. Finely chop the spring onions widthways into $\frac{1}{2}$ cm discs, separate the white from the green parts and peel and finely chop the garlic. Peel the ginger using the edge of a spoon and then grate or chop it very finely and cut the cod into 2 cm cubes.



2 Meanwhile heat 1 tbsp of oil on medium heat in a saucepan big enough to hold the soup. Add in the whites of the spring onions, the ginger and the garlic. After one minute add the red curry paste and stir. **Tip:** *If you are sensitive to spice add the paste bit by bit to taste.*



4 After another minute add in the coconut milk and stir until smooth. Add the stock pot with the 850ml of water and bring to a simmer.



5 After 10 mins add the noodles and the cubed cod and cook for around 4 mins, until the noodles are soft and the cod is just cooked through. **Tip:** *Don't cook the laksa (soup) too long at this stage, as you don't want your cod to fall apart too much.*

6 Serve into big bowls with a topping of freshly chopped coriander and the greens of the spring onions.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!