



# THAI SPICED WHITING

with a Noodle and Cabbage Stir-Fry



NUTRITIONIST APPROVED



## HELLO WHITING

Whiting is from the same family as Cod. It is sustainably fished off the southwest coast of the UK.



Egg Noodles



Soy Sauce



Sweetheart Cabbage



Thai Spice Blend



Salted Peanuts



Honey



Skin-on Whiting Fillet

MEAL BAG

20 mins

1 of your 5 a day

Medium heat

Balanced

Under 550 calories

High Protein

Fragrant and nourishing, our 20-minute Thai spiced whiting is a deliciously healthy recipe for busy evenings. Whiting, sourced from our suppliers in Cornwall, is a light tasting white fish with a similar meaty texture to cod making it a versatile ingredient to use in dishes like this one. Rubbed in our specially blended Thai spice (a fragrant mix of spices like ground coriander, green peppercorns, lemongrass and sesame seeds) and pan-fried to form a lovely crust, we've served the whiting with a cabbage and noodle stir fry and finished off the dish with crunchy peanuts for an added layer of texture.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Sieve, Shallow Dish, Large Frying Pan**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



### 1 START COOKING

Put a large saucepan of water with a pinch of salt on to boil. When boiling, add the **noodles** and cook for 4 mins. Drain in a sieve and drizzle with a little **oil** to stop them sticking together. Place the **whiting** in a shallow dish. Sprinkle on the **Thai spice blend** and a pinch of **salt** and **pepper**. Turn the **fish** to make sure both sides are coated well. Set aside. Roughly chop the **peanuts**.



### 2 FRY THE CABBAGE

Cut the **cabbage** in half lengthways, remove the triangle root in the middle (see photo), then slice thinly. Add a drizzle of **oil** into a large frying pan on high heat, once hot add the **cabbage** and fry, stirring frequently until charring and softening, 3 mins. Once cooked, transfer the cooked **cabbage** to a bowl and save for later.



### 3 COOK THE FISH

Add another splash of **oil** to your frying pan over medium-high heat. Once hot, carefully place the **whiting** in the pan and cook for 4 mins on each side. **★ TIP:** *You want it to be nicely browned on both sides.* Transfer to a plate and cover with foil to keep warm. **! IMPORTANT:** *The fish is cooked when opaque in the middle.* Return the **cabbage** to the pan, with the drained **noodles**.



### 4 FLAVOUR THE FOOD

Once you hear a gentle sizzle, add the **soy sauce**, **honey** and **water** (see ingredients for amount), letting it bubble down for a minute, stirring often to make sure all the flavour is distributed throughout the **cabbage** and **noodles**. Remove from the heat.



### 5 PLATE UP

Share the **noodles** between bowls then top with the **spiced whiting**.



### 6 EAT UP!

Sprinkle over the **peanuts**. Grab a fork and **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Sweetheart Cabbage *	½	¾	1
Thai Spice Blend 3)	½ pot	¾ pot	1 pot
Salted Peanuts 1)	1 bag	1½ bags	2 bags
Honey	1 sachet	1½ sachets	2 sachets
Skin-on Whiting Fillet 4) *	2	3	4
Water*	50ml	75ml	100ml

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 317G	PER 100G
Energy (kJ/kcal)	1872 / 448	591 / 141
Fat (g)	8	3
Sat. Fat (g)	1	1
Carbohydrate (g)	61	19
Sugars (g)	15	5
Protein (g)	30	9
Salt (g)	3.23	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanut 3) Sesame 4) Fish 8) Egg 11) Soya 13) Gluten

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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