



DropChef Crispy Chili Cod with Stir Fried Noodles and Pak Choi

A guaranteed table pleaser tipped to be a future favourite! We use egg noodles in this stir fry to increase protein. Green beans and pak choi add a nice crunch! This chilli sauce is a little spicy, so taste it before you add it too make sure it's not too hot!

Nutritional Info

Calories: 370kcal
Carbohydrates: 42g
Protein: 22g
Fat: 1.1g

Ingredients

- Cod
- Noodles
- Spring Onions
- Green Beans
- Pak Choi

- Ginger
- Chilli Sauce
- Garlic
- Soy Sauce
- Cornflour

Your Pantry

- Olive Oil
- Sugar/Honey

Allergens

[Fish \(Cod\)](#)
[Soybean \(Soy Sauce\)](#)
[Egg \(Noodles\)](#)
[Wheat \(Noodles, Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Prepare the fish

Cut the fish into chunks and add to a large bowl with a quarter of the soy sauce (you will use the rest in the stir fry later). Give the fish a good mix and then add the cornflour, mixing again until thoroughly combined.

3) Prepare the vegetables and sauce

Rip the green leaves from the pak choi and set them aside. Chop the white bases into large, rough pieces and discard the tough stalks. Trim, then slice the spring onions. Grate the ginger. Peel and finely chop the garlic. Cut the green beans into three pieces.

Combine the remaining soy sauce with the chilli sauce, ginger, and ½ tsp sugar or honey per person.

4) Cook the noodles

Cook the noodles in a pan of boiling water for 5-8 min until tender, then drain and set aside.

5) Cook the stir fry

Place a large frying pan or wok on medium heat. Add a drizzle of oil to the pan and once hot, add the pak choi, green beans and chopped garlic and cook for 1-2 min or until softened. Add the noodles to the pan and give them a good mix, then turn the heat to low and add the sauce, cooking for a further 1-2 minutes before switching off the heat and covering to keep warm.

6) Fry the fish

Heat another large frying pan with a good drizzle of oil (enough to cover the base of the pan) on high heat. Once hot, add the fish pieces and cook for 1 min on each side or until golden, crispy and cooked through.

7) Plate the dish

Serve the noodles in bowls and top with the crispy fish. Garnish with spring onions. Enjoy!



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