



Fish and Crunchy Asian Salad

 10-15 minutes preparation + 5 minutes cooking.

 14 serves of vegetables

Any firm fish fillet may be used in this dish, eg: snapper, perch, gummy shark, swordfish or salmon.

INGREDIENTS

4 pieces white fish fillet
2 teaspoons olive oil

Salad

3 cups Chinese cabbage, sliced
1 lebanese cucumber, sliced
1 bunch English spinach leaves
12 snow peas, ends and stings removed
4 radishes sliced
3 spring onions, sliced
1 cup bean shoots
1 chilli, seeded and sliced
250g cooked egg noodles, chilled

Asian-style dressing

4 tablespoons lime or lemon juice
2 tablespoons olive oil
1 tablespoon sesame oil
1 tablespoon reduced-salt soy sauce
½ teaspoon brown sugar
1 tablespoon fresh ginger, peeled and finely diced
1 small clove garlic, chopped
1 fresh chilli, seeded and finely diced
½ cup parsley, mint or coriander, chopped



DIRECTIONS

Brush fish with oil and grill or pan-fry. Mix salad ingredients in a serving bowl. Combine dressing ingredients in a glass jar with lid. Shake to combine and toss with salad, Serve immediately with fish. Serves 4.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



½ cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



Go for 2&5
FRUIT VEG



An Australian Government, State and Territory health initiative.

For more recipes visit www.gofor2and5.com.au