





 Approximately **35 min**

 **690** kcal p.p.

 **2** persons

WHAT YOU NEED

- Cod fillet 240g: 1 pcs
- A bunch of spring onions: 1 pcs
- Parsnips: 300 g
- Peanuts: 15 g
- Mushrooms brown: 100 g
- A package of rice noodles: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Vegetable broth: 300 ml
- Olive oil
- Soy sauce: 2 tbsp.
- Small red chili pepper or some cayenne pepper : 0.5 pcs
- Garlic cloves: 1 pcs

ALLERGENS



FRESH RICE NOODLE PAN WITH FRIED COD CHUNKS

PREPARATION

- Peel and cube parsnips. Clean spring onions and cut into rings. Clean and slice mushrooms. Coarsely chop peanuts. Peel and finely slice garlic. Wash, seed and finely chop the chili pepper.

RICE NOODLES

- Add the rice noodles to a bowl. Shorten the noodles to your liking. Pour over with boiling water and let soak for 3-4 min. Drain afterwards. You might not need all rice noodles.

FRESH GLASS NOODLE PAN

- Heat some olive oil in a large pan and fry garlic, parsnips and the white parts of the spring onion for 8-10 min. on medium heat. Add the mushrooms and fill up with 2/3 of the vegetable broth. Bring to a simmer and cook for another 5-6 min. Season to taste with soy sauce and a pinch of salt if desired. Fold in the rice noodles and stir to combine.

PAN-FRIED COD CHUNKS

- Drain the cod fillets and pat dry with kitchen paper. Cut into smaller chunks. Heat some olive oil in another pan and fry the cod chunks on medium heat for 3 min. on one side. Turn the chunks and fry for another minute. Season with a pinch of salt and some freshly ground black pepper. Add more vegetable broth if needed.

SERVING

- Add the fresh glass noodle pan to bowls and arrange with cod chunks. Top with remaining spring onions and chopped peanuts. Enjoy while hot!