



1 lb frozen package of
spring roll noodles

2 tablespoons olive oil

¼ onion, sliced

1 green bell pepper, sliced

1 red bell pepper, sliced

3 cloves garlic, minced

1 teaspoon brown sugar

2 tablespoons soy sauce

1 15-ounce bag of fish,
cut into 1-inch pieces

salt and pepper, to taste



FISH AND NOODLE STIR FRY

When you're feeling a little tired of the typical meats and veggies cooked over the skillet, it's time to give this delicious dinner a try. The spring roll noodles add a balance of texture when paired with pieces of soft, fatty fillets. We dried with the best fresh ingredients and savory oils and seasonings you can find, this dish is one you'll want to keep coming back for.

1. Cook the rice noodles according to the package instructions. Drain and set aside.
2. Add the oil to a wok or large frypan over medium-high heat. Heat for about 2 minutes and then add the onion and bell peppers slices. Sauté for 2 minutes, stirring frequently.
3. Stir in the garlic, brown sugar, and soy sauce and cook for 1 minute.
4. Season the fillets pieces with salt and pepper and add to the pan. Cook for 2 to 3 minutes, stirring frequently so the fish doesn't burn.
5. Add the rice noodles, and toss gently so the noodles are thoroughly coated and mixed with the veggies. Serve immediately.



SERVES 2 | PREP TIME: 15 minutes | COOK TIME: 15 minutes

The Fishladys Cookbook

VM Jensen



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