



1/2 pound basa fillet
1/2 pound medium
ditalini pasta (about
1 1/2 cups), dried
1 green bell pepper, sliced
1 red bell pepper, sliced
1 onion, diced
1 teaspoon garlic salt
1/2 teaspoon red pepper
1/2 teaspoon black pepper
salt and pepper, to taste

1. Cook the rice according to the package instructions. Drain and set aside.
2. Add the oil to a wok or large frying pan over medium-high heat. Heat for about 3 minutes and then add the onion and bell pepper slices. Cook for 3 minutes, stirring frequently.
3. Stir in the garlic, basil leaves, and red pepper and cook for 1 minute.
4. Season the basa fillet with salt and pepper and add to the pan. Cook for 3 to 4 minutes, stirring frequently so the fish doesn't burn.
5. Add the rice noodles and bell peppers to the noodles and stir-fry until the noodles are thoroughly coated and mixed with the veggies. Serve immediately.

FISH AND NOODLE STIR FRY

When you're tired of the typical rice and veggies, switch out the ramen for rice noodles and add a little fish. The shrimp rice noodles add a balance of texture when paired with pieces of wet, flaky fillets. We dried out the best fish ingredients and savory salts and seasonings you can find, this dish is one you'll want to keep coming back to.

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SERVES 2 | PREP TIME: 5 MINUTES | COOK TIME: 15 MINUTES



The Fishladys Cookbook

VM Jensen

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UFCW Action ,1997 *Recipe Hall of Fame Quick & Easy Cookbook* Gwen McKee,Barbara Moseley,2001 What can you do in fifteen minutes Homework Housework Doubtful Make a fantastic dish Definitely With the Recipe Hall of Fame Quick and Easy Cookbook preparing great fare is not a long process it s a snap From over 12 000 winning recipes in the Best of the Best State Cookbook Series editors Gwen McKee and Barbara Moseley have selected 549 recipes that have a preparation time of fifteen minutes or less and deliver dishes of distinctive Hall of Fame flavor With this repertoire of tempting recipes you can wow your guests with Easy Chile Rellenos or 15 Minute Creamy Fettuccini Alfredo Delight a neighbor with Busy Day Lemon Cheesecake or Six Minute Pecan Pie With choices like Lazy Man s Fried Chicken Easy Enchilada Pie or Pizza Burgers they ll love every bite And you know your prep time is cut to a bare minimum *Kitty Stuff* Jodi Alessandrini,Kathy Kinser,2002-04

The Fishlady's Cookbook Patricia Kendall,Patricia Kendall, PH D,1998 **Press Summary - Illinois**

Information Service Illinois Information Service,2000-03 **The Fishlady's Holiday Entertaining Cookbook** Patricia Kendall,1996-05

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1. Understanding the eBook The Fishladys Cookbook
 - The Rise of Digital Reading The Fishladys Cookbook
 - Advantages of eBooks Over Traditional Books
2. Identifying The Fishladys Cookbook
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Fishladys Cookbook
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Fishladys Cookbook
 - Personalized Recommendations
 - The Fishladys Cookbook User Reviews and Ratings
 - The Fishladys Cookbook and Bestseller Lists
5. Accessing The Fishladys Cookbook Free and Paid eBooks
 - The Fishladys Cookbook Public Domain eBooks
 - The Fishladys Cookbook eBook Subscription Services
 - The Fishladys Cookbook Budget-Friendly Options
6. Navigating The Fishladys Cookbook eBook Formats

- ePub, PDF, MOBI, and More
- The Fishladys Cookbook Compatibility with Devices
- The Fishladys Cookbook Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of The Fishladys Cookbook
- Highlighting and Note-Taking The Fishladys Cookbook
- Interactive Elements The Fishladys Cookbook

8. Staying Engaged with The Fishladys Cookbook

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers The Fishladys Cookbook

9. Balancing eBooks and Physical Books The Fishladys Cookbook

- Benefits of a Digital Library
- Creating a Diverse Reading Collection The Fishladys Cookbook

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine The Fishladys Cookbook

- Setting Reading Goals The Fishladys Cookbook
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of The Fishladys Cookbook

- Fact-Checking eBook Content of The Fishladys Cookbook
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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