

Jason Pettit – Capital Radio Recipe



Vietnamese Turmeric Fish with Rice Noodles

Popular in Hanoi, this quick and easy fish dish is fresh, healthy, and ready in under 25 minutes!

Ingredients – serves 4 people

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| 1 pkt | vermicelli rice noodles (150gm approx.) |
| 600 gm | white fish (skinless, cut into large chunks) |
| 2 Tsp | turmeric powder |
| 2 inch | ginger root (peeled & finely grated) |
| 2 Tbsp | fish sauce |
| 1 Tsp | sugar |
| 4 Tbsp | cooking oil |
| 1 each | Thai red chili pepper (sliced thinly - 1mm approx.) |
| 4 lrg | spring onions (washed & sliced thinly - 2mm approx.) |
| ½ bunch | coriander (washed & leaves picked) |
| ½ bunch | dill (washed & leaves picked) |
| 3 Tbsp | peanuts – unsalted & roasted (roughly chopped) |

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Method

Mix the turmeric, sugar, fish sauce and grated ginger together until the sugar has dissolved.

Place the fish chunks and marinade together in a ziplock bag and massage the marinade gently into the fish pieces.

Set aside for 10 minutes.

Place the noodles into a bowl / pan and cover with boiling water. Let the noodles soak until ready to eat (approx. 8 – 10 minutes).

Pre-heat a large non-stick frying pan/wok on a high heat.

Add the cooking oil and swirl the pan to coat the surface evenly.

Add the marinated fish chunks carefully.

Cook over a high heat, turning once, until just cooked (approx. 3 – 5 minutes).

Remove the pan from the heat and drain the noodles.

Divide the noodles between 4 serving plates then add the fish pieces. Add the chili and spring onion to the pan and toss together with any juices.

Divide over the fish pieces then liberally scatter the herbs and peanuts over each plate.

Notes from the chef:

Large white fish such as cod, haddock, sheri or Chilean seabass work very well in this recipe.

Stir frying requires high heat – this cooks the ingredients quickly, uses low amounts of oil/fat and retains lots of nutritional goodness.

Ensure the pan/wok is very hot before adding the oil – test the heat by adding a couple of drops of water. The pan is ready when the water droplets jump and dance immediately.

The spiciness of the dish can be altered by adding more thai chili or by using a milder chili pepper.

The recipe requires no salt as the fish sauce is savoury enough.

Tbsp - tablespoon

Tsp - teaspoon