



Coconut Fish, Noodles & Vegetables

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- 2 CARROTS - PEELED AND FINELY CHOPPED OR SLICED
- 2 BROWN ONIONS - PEELED AND FINELY CHOPPED OR SLICED
- 40G BUTTER - MELTED
- 300ML AYAM COCONUT MILK
- 300G WHITE FISH FILLETS (FRESH OR FROZEN) SKIN AND BONES REMOVED
- 160G FROZEN PEAS
- 60G BABY OR FROZEN SPINACH
- RICE VERMICELLI NOODLES (OPTIONAL TO SERVE)

- PLACE BUTTER, CARROT AND ONIONS IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT. SAUTE FOR 2-3 MINUTES.

- ADD COCONUT MILK AND COOK FOR A FURTHER 3 MINUTES.

- ADD FISH AND PEAS. COOK FOR ANOTHER 3 MINUTES.

- ADD SPINACH AND COOK UNTIL SPINACH WILTS.

NUTRITION INFORMATION

HEALTH BENEFITS OF ONION

- RICH IN VITAMIN C, FOLIC ACID (B9), CALCIUM AND IRON.
- POWERFUL ANTIOXIDANT AND ANTI-INFLAMMATORY.

HEALTH BENEFITS OF FISH

- QUALITY SOURCE OF PROTEIN THAT IS LOW IN FAT.
- LOADED WITH MICRONUTRIENTS INCLUDING OMEGA-3 FATTY ACIDS, VITAMIN D AND RIBOFLAVIN (B2). TOGETHER THESE PROMOTE BRAIN HEALTH, BONE HEALTH AND ENERGY.

HEALTH BENEFITS OF COCONUT MILK

- RICH IN MEDIUM CHAIN TRIGLYCERIDES (MCT) WHICH ASSIST WITH WEIGHT MANAGEMENT OR WEIGHT LOSS. THIS IS CRUCIAL FOR THE MANAGEMENT OF CHRONIC CONDITIONS SUCH AS TYPE II DIABETES AND CARDIOVASCULAR DISEASE.
- BALANCES ELECTROLYTES WHICH ARE RESPONSIBLE FOR FLUID BALANCE AND REGULATING BLOOD PRESSURE.

HEALTH BENEFITS OF PEAS

- QUALITY SOURCE OF PLANT BASED PROTEIN.
- HIGH IN DIETARY FIBRE WHICH SUPPORTS A HEALTHY DIGESTIVE SYSTEM.
- LOADED WITH MICRONUTRIENTS SUCH AS VITAMIN C, MAGNESIUM, IRON, FOLIC ACID (B9), THIAMIN (B1) AND VITAMIN A.

HEALTH BENEFITS OF VERMICELLI NOODLES

- A GLUTEN FREE CARBOHYDRATE. CARBOHYDRATES DIRECTLY CONVERT TO BLOOD GLUCOSE WHICH SUPPLIES THE BODY WITH ENERGY REQUIRED FOR MOVEMENT, DEVELOPMENT AND OVERALL HEALTH AND WELLNESS.