

A top-down view of a white ceramic bowl filled with a dish of white fish and zucchini noodles. The fish is seared and topped with a red, spicy-looking sauce. The zoodles are mixed with a creamy sauce and garnished with finely chopped green onions. A silver fork is placed on the left side of the bowl. The bowl sits on a grey, textured placemat.

WHITE FISH WITH CREAMY ZOODLES

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studio
THIRTY FIVE



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
271 kcal
11g Fats
13g Carbs
33g Protein



WHAT YOU NEED

For the Fish:

- 300g white fish fillets
- 1 tsp paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the Zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

WHAT YOU NEED TO DO

For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the fish until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together, pour into the pan with the fish and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the fish on top and pour over the sauce.