

SHEFFIELD'S
SWEET ENOUGH



BAKED HOISIN
FISH PARCELS

SHEFFIELD IS SWEET ENOUGH

Sheffield is Sweet Enough and Co-op have joined forces to help local people tackle the problem of too much sugar. By cooking more meals at home you can take full control of the ingredients and reduce your family's sugar intake. All of our recipes are lower in sugar, nutritious and delicious. Enjoy!

Baked hoisin fish parcels

 Low fat

Noodles, cod, veg and sauce get wrapped into parcels to make this super-easy low fat dinner.

 Feeds 2  Ready in 30 minutes





Each serving contains

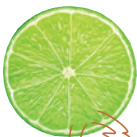
Energy	Fat	Saturates	Sugar	Salt
23%	Low 7%	Low 6%	Low 19%	Low 16%
1981kj 496kcal	4.8g	1.2g	16.8g	0.96g

% of adult's reference intake | Carbohydrates per serving: 53g

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Ingredients

- 175g pack Co-op stir fry vegetables, finely sliced
- 2 spring onions, finely sliced
- 4cm ginger, grated 
- 250g pack fresh Co-op egg noodles
- 120g pouch Co-op hoisin stir fry sauce
- 2 tbsp finely chopped coriander, plus extra to serve
- 2 Co-op cod fillets
- 1 tsp sesame seeds, toasted (optional)
- ½ lime, cut into wedges, to serve 



Method

1. Preheat the oven to 200°C/ fan 180°C/Gas 6
2. Cut out 2 x 30cm squares of foil or baking paper
3. Put the stir fry veg and spring onion in a large bowl with the ginger, noodles, hoisin and coriander, then toss together
4. Divide the noodle mixture between the foil or paper squares
5. Top each with a piece of cod, and a sprinkling of sesame seeds, if using
6. Wrap the paper to make loose parcels, leaving room for the steam to circulate and double-folding the edges to prevent leaks
7. Carefully transfer the parcels onto a baking tray and cook in the oven for 20 mins
8. Serve with the lime wedges on the side and extra coriander to garnish