



Sambal and Miso-Roasted Fish with Coconut Noodle Salad and Snap Pea Slaw

Prep Time: 10-20 minutes Calories Per Serving: 750
Cook Time: 15-25 minutes Serves: 2 people

Popular throughout Indonesia, Malaysia, and Southern India, sambal oelek is a condiment made of chiles, brown sugar, and salt. To counter its spicy flavor in the marinade, we've whisked in fresh orange juice and creamy, earthy miso paste.

USDA recommends cooking fish to 145° F.



1. Marinate Tilapia

Preheat oven to 425°F. Bring **6 cups water** to a boil in a medium pot over high heat. Rinse **tilapia** and pat dry with paper towel. Halve **orange**. In a large resealable plastic bag or shallow bowl, whisk together **juice of ½ orange**, **miso paste**, as much **sambal oelek** as desired, and **½ of sesame oil**. Add tilapia and shake to coat. Set aside to marinate for about 10 minutes at room temperature.



4. Roast Tilapia

Arrange **tilapia** in a single layer on a baking sheet and pour over **marinade**. Season with **salt** and **pepper**. Transfer to oven and roast until tilapia is opaque and easily pierced with a knife, about 8 minutes.



2. Cook Vermicelli

While tilapia marinates, add **vermicelli noodles** to pot with boiling water, stirring to submerge, and immediately remove pot from heat. Allow to soak until tender, 8-10 minutes. Drain, rinse under cold water for 30 seconds to stop cooking, and set aside.



5. Season Vermicelli

On a cutting board, sprinkle **¼ teaspoon kosher salt** over **garlic** and using a large knife, carefully scrape over mixture at a 45° angle, pressing down. Repeat until garlic is broken down and a paste forms. In a large bowl, whisk together **garlic paste**, **juice of remaining ½ orange**, **soy sauce**, **coconut cream**, **remaining sesame oil**, and **1 tablespoon warm water**. Taste and add **salt** and **pepper** as needed. Add **vermicelli**, **snap peas**, **tomatoes**, and **mint** and toss to coat.






3. Prepare Ingredients

While vermicelli noodles cook, rinse all produce. Halve **snap peas** lengthwise. Halve **grape tomatoes**. Pick **mint** leaves, discarding stems. Mince **garlic**.



6. Plate Tilapia

Divide **vermicelli** evenly between 2 shallow bowls. Top with **tilapia** and serve.

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

Sambal oelek is spicy; if you prefer milder food, use less or omit it.

📋- INGREDIENTS

- 10 ounces tilapia
- 1 orange, divided
- 2 tablespoons miso paste
- 1 tablespoon sambal oelek
- 2 tablespoons sesame oil, divided
- 6 ounces rice vermicelli noodles
- 3 ounces sugar snap peas
- 1 cup grape tomatoes
- ¼ bunch mint
- 1 clove garlic
- 1 packet soy sauce (gluten-free)
- 1½ tablespoons coconut cream

🛠- YOU'LL NEED

- medium pot
- large resealable plastic bag or shallow bowl
- baking sheet
- 6 cups + 1 tablespoon water
- kosher salt
- black pepper

Questions or comments? Please email help@plated.com or call 855-525-2399.