

PREPARATION: 30 MINUTES

COOKING: 15 MINUTES

4 SERVINGS

CURRIED TILAPIA WITH RICE NOODLES

INGREDIENTS

198g rice stick noodles, dry

400g Tilapia, frozen, thawed

2 tablespoons canola oil

1 tablespoon curry powder

1 teaspoon garlic powder

1 tablespoon sesame oil

1 tablespoon unsalted butter

3 tablespoons ginger, minced

1 tablespoon garlic, minced

1 cup red cabbage, thinly sliced

1 cup snow peas

1 cup yellow onion, sliced in ¼" rings

¼ cup no salt added chicken broth

2 tablespoons rice wine vinegar

¼ cup cilantro, finely chopped

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 3 Starch + 1 Vegetable

Calories **447Kcal**

Protein **25g**

Carbohydrates **51g**

Fibre **4.2g**

Total Fat **16g**

Saturated Fat **4g**

Cholesterol **58mg**

Sodium **158mg**

Potassium **546mg**

Phosphorus **295mg**

PHOSPHATE TIP

Tilapia is a low-phosphorus white fish. One portion of this recipe including the fish, vegetables and noodles accounts for 30% of your total daily phosphorus allowance.

PREPARATION

- 1** To cook rice noodles, bring a large pot of water to boil. Add the noodles and remove the pot from heat. Let the noodles soak for 5 minutes or until they are soft.
- 2** Combine tilapia filets with the canola oil, curry powder and garlic powder.
- 3** In a skillet over medium-high heat, heat the sesame oil and butter. Fry the tilapia for 2 to 3 minutes per side. Remove fish from skillet and cover with aluminum foil to keep warm.
- 4** In the same skillet over medium-high heat, sauté ginger, garlic, cabbage, snow peas and onions for 2 to 3 minutes until tender crisp.
- 5** Add cooked rice noodles, chicken broth, and vinegar. Cook for another 2 to 3 minutes.
- 6** Remove from heat. Add cilantro and mix to combine. Serve the noodles with the curried tilapia.