



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 1/4" rings
1/4 cup no salt added chicken broth
2 tablespoons rice wine vinegar
1/4 cup cilantro, finely chopped

Nutrient Analysis

PER SERVING:
1/4 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

- 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.
- Combine tilapia filets with the canola oil, curry powder and garlic powder.
- 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.
- In the same skillet over medium-high heat, sauté ginger, garlic, cabbage, snow peas and onions for 2 to 3 minutes until tender crisp.
- Add cooked rice noodles, chicken broth, and vinegar. Cook for another 2 to 3 minutes.
- Remove from heat. Add cilantro and mix to combine. Serve the noodles with the curried tilapia.