

WHAT'S FOR DINNER?

Thai Coconut Cod

Ingredients

X

1 cup chicken stock 8 ounces thick rice noodles 2 tbsps fresh ginger, grated 3 medium cloves garlic, chopped ½ tsp turmeric 1 cup coconut milk 1 ½ pounds fresh cod, cut into 1-inch pieces (thick cut) 1/2 cup fresh clantro, chopped 1 ½ cup chopped green onions 3 to 4 tbsps freshly squeezed lemon juice 2 medium ripe tomatoes, chopped and seeded

2 cups of bean sprouts, chopped

sea salt and freshly ground black pepper to taste



Instructions

In a large saucepan, bring the chicken stock to a boil. Turn to simmer and set this aside. In another pot, cook rice noodles according to package directions. When cooked, drain noodles and divide between 4 bowls. To the simmering chicken stock, add the ginger, garlic and cod. Cook for about 3 minutes, stirring constantly. Add the turmeric, coconut milk and simmer on medium-high heat for about 5 minutes. Add cilantro, green onions, lemon juice, and tomatoes. Cook for about 3 minutes more. Turn off heat and season with salt and pepper to taste. Ladle over noodles and top with chopped bean sprouts. Makes 4 servings.

OUR COMMUNITY Matters

"We are locally owned and operated, and are doing our very best, every day, to provide the highest quality possible at a reasonable price."



BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653 MON TO FRI: 8AM – 8PM SAT: 8AM – 7PM SUN: 8AM – 6PM CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106 MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM

SPECIALS IN EFFECT FEB 19 – FEB 25, 2025 We reserve the right to limit quantities. Products not exactly as shown, While quantities last





BUTCHER

Fresh Medium Ground Beef

599



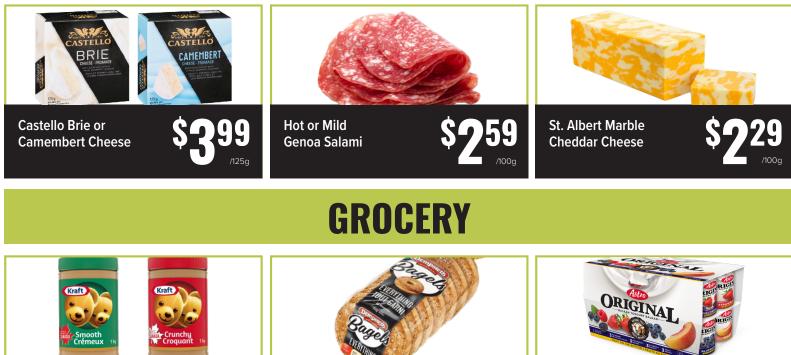
Inside Round Steaks or Roast \$399 standard

Pork Side Ribs

SEAFOOD



DELI



Kraft Peanut Butter Assorted Varieties



Dempster's Bagels Assorted Varieties



Astro Yogurt Assorted Varieties



SPECIALS IN EFFECT FEB 19 – FEB 25, 2025 We reserve the right to limit quantities. Products not exactly as shown. While quantities last BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653 MON TO FRI: 8AM – 8PM SAT: 8AM – 7PM SUN: 8AM – 6PM CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106 MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM