



Hake and Golden Rice with carrot and bell pepper

Calorie Smart 30-35 mins • Eat me first

16



Hake



Lemon



Honey



Onion



Rice



Carrot



Bell Pepper



Korma Curry Paste



Curry Powder



Yoghurt

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid, zester

Ingredients

	2P	4P
Hake	250 g	500 g
Lemon	1 unit	2 units
Honey	1 sachet	2 sachets
Onion	1 unit	2 units
Rice	150 g	300 g
Carrot	1 unit	2 units
Bell Pepper	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Curry Powder	1 sachet	2 sachets
Yoghurt	75 g	100 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	543.5 g	100 g
Energy (kJ/kcal)	2342 kJ/ 560 kcal	431 kJ/ 103 kcal
Fat (g)	7.9 g	1.4 g
Sat. Fat (g)	2 g	0.4 g
Carbohydrate (g)	92.2 g	16.8 g
Sugars (g)	20.6 g	3.8 g
Protein (g)	33.4 g	6.3 g
Salt (g)	2 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

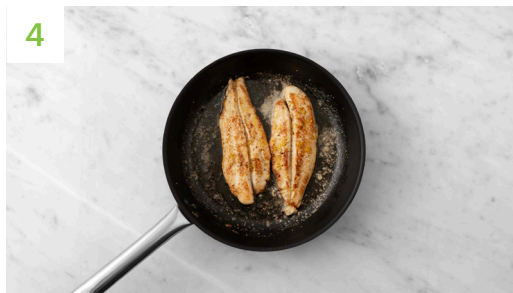


You can recycle me!



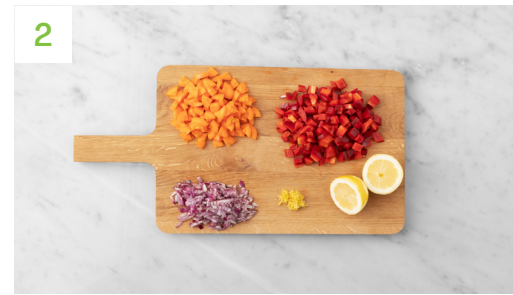
Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and **curry powder** and bring to the boil.
- Once boiling, lower heat to medium, cover and cook for 10 mins.
- Remove from the heat and keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Hake

- Return the (now empty) pan to medium-high heat with a drizzle of **oil** and 1 tsp (double for 4p) of **butter**.
- Once hot, lay the **fish** into the pan and cook on one side for 4-5 mins. Turn over and cook on the other side for a further 4-5 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.



Get Prepped

- Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.
- Halve, peel and chop the **onion** into small pieces.
- Trim the **carrot** and quarter lengthways. Chop into small pieces. (no need to peel).
- Zest and halve the **lemon**.
- Pat the **hake** dry with kitchen paper. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw fish.



Make the Drizzle

- While the **hake** cooks, loosen the **yoghurt** with a squeeze of **lemon** juice.
- Taste and add more **lemon** juice and zest if desired—you want the **yoghurt** to be drizzling consistency.



Soften the Veg

- Place a pan over high heat (without oil).
- When hot, fry the **carrot, onion** and **pepper** until softened, 6-8 mins. Add the **korma paste** and fry until fragrant, 1-2 mins.
- Once cooked, season with **salt, pepper** and a squeeze of **lemon** juice.
- Add the veg to the pot of **rice**.
- Use a fork to mix it all together, fluffing up the **rice** as you go. Stir through the **honey**. Cover to keep warm.



Finish and Serve

- Divide the savoury golden **rice** between plates or bowls.
- Top with the pan-fried **hake**, pouring over any **butter** remaining in the pan.
- Finish with a drizzle of the lemony **yoghurt**.

Enjoy!