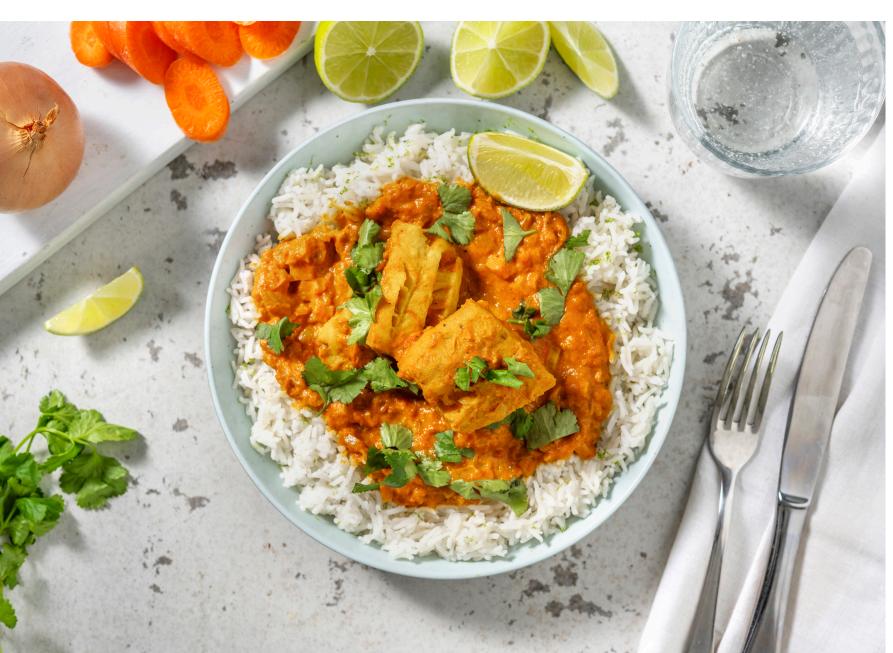


# Coconut Fish Curry

with coriander and lime

30 - 35 mins • Eat me first









Hake



5



Garlic

Carrot





Coconut Milk

North Indian Style Spice Mix





Rice

Coriander





Vegetable Stock

Lime





Dried Chilli Flakes

Passata

Pantry Items: Oil, Salt, Pepper, Water



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## 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

Grater, pan with lid, pot with lid, zester

# Ingredients

	2P	4P
Hake	250 g	500 g
Onion	1 unit	2 units
Garlic	1 unit	2 units
Carrot	1 unit	2 units
Coconut Milk	1 pack	2 packs
North Indian Style Spice Mix	1 sachet	2 sachets
Rice	150 g	300 g
Coriander	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Lime	½ unit	1 unit
Dried Chilli Flakes	1 sachet	2 sachets
Passata	1 pack	2 packs

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	554 g	100 g
Energy (kJ/kcal)	2907.9 kJ/ 695 kcal	524.9 kJ/ 125.5 kcal
Fat (g)	21.3 g	3.8 g
Sat. Fat (g)	14.9 g	2.7 g
Carbohydrate (g)	90.9 g	16.4 g
Sugars (g)	18.5 g	3.3 g
Protein (g)	32.1 g	5.8 g
Salt (g)	2.2 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

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#### Cook the Rice

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



# **Get Prepped**

- Meanwhile, peel and grate the **garlic**.
- Halve, peel and finely chop the onion.
- Trim the **carrot**, quarter lengthways and chop widthways into small pieces.
- Stir the **coconut milk** or shake the packet to dissolve any lumps.



# Start the Curry

- Place a large pan over medium-high heat with a drizzle of oil.
- Once hot, add the onion, carrot, garlic, chilli flakes (use less if you don't like spice) and North Indian spice mix. Cook until softened, 4-5 mins.
- Add the **stock**, **coconut milk** and **passata**.
- Simmer, covered, over medium-low heat,
   10-12 mins. Season to taste with salt and pepper.



## Add the Fish

- Cut each hake fillet into four equal-sized pieces.
   IMPORTANT: Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- When 6-8 mins of cooking time remain, add the fish to the pan, then continue to cook over medium-low heat.
- Loosen the sauce with a splash of water if necessary.
- Season to taste with salt and pepper.



## Make Your Garnish

- Roughly chop the coriander, stalks and all.
- Zest **half** the **lime** (double for 4p). Cut into thick wedges.



## Finish and Serve

- Fluff up the rice with a fork and divide between bowls.
- · Top with the fish curry.
- · Garnish with lime zest and coriander.
- Serve with lime wedges alongside for squeezing over.

## Enjoy!