



Mild Indian White Fish Curry

with Roasted Veggies & Basmati Rice

CUSTOMER FAVOURITE

EXPLORER

Grab your Meal Kit with this symbol



Carrot



Baby Broccoli



Curry Powder



Basmati Rice



Gemfish Fillets



Mild Curry Paste



Tamarind Paste



Chicken-Style Stock Powder



Coconut Milk



Baby Spinach Leaves



Gemfish Fillets

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me First

A mild heat from the curry, mixed in with fresh fish and veggies is a power battle that you don't want to miss, because the prize is your tastebuds' attention. In the end, both the soothing curry and rejuvenating white fish are winners and that's why this dinner will come out on top!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
baby broccoli	1 bag	1 bag
curry powder	1 sachet	2 sachets
butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
gemfish fillets	1 packet	2 packets
mild curry paste	½ medium packet	1 medium packet
tamarind paste	½ medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tbs	2 tbs
baby spinach leaves	1 medium bag	1 large bag
gemfish fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2204kJ (527Cal)	429kJ (103Cal)
Protein (g)	26.9g	5.2g
Fat, total (g)	24.5g	4.8g
- saturated (g)	15.3g	3g
Carbohydrate (g)	82.8g	16.1g
- sugars (g)	14.4g	2.8g
Sodium (mg)	950mg	185mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (642Cal)	410kJ (98Cal)
Protein (g)	42.6g	6.5g
Fat, total (g)	30.2g	4.6g
- saturated (g)	16g	2.4g
Carbohydrate (g)	83.2g	12.7g
- sugars (g)	14.8g	2.3g
Sodium (mg)	1059mg	162mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Halve any thicker stalks of **baby broccoli** lengthways.
- Place **veggies** on a lined tray, sprinkle over **curry powder** and drizzle with **olive oil**. Season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



Make the curry sauce

- When the veggies have **5 minutes** remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Add **mild curry paste** (see ingredients), **tamarind paste** (see ingredients), **chicken-style stock powder**, **coconut milk**, **water** (for the curry), the **brown sugar** and remaining **butter**. Cook, stirring, until reduced, **2-3 minutes**.



Cook the rice

- In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat.
- Add **basmati rice**, **water** (for the rice) and a generous pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Finish the curry

- Add **fish**, **roasted veggies** and **baby spinach leaves** to the **curry** and gently stir to break up the **fish**.



Cook the white fish

- Meanwhile, discard any liquid from **gemfish fillet** packaging. Slice **fish** in half crossways to get 1 piece per person. Pat **fish** dry with paper towel and season on both sides with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **fish** until just cooked through, **2-3 minutes** each side. Transfer to a plate.

TIP: White fish is cooked through when the centre turns from translucent to white.

Custom Recipe: If you've doubled your white fish fillets, cook in batches for the best results.



Serve up

- Divide basmati rice between bowls.
- Top with mild Indian white fish curry to serve. Enjoy!

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