

with Roasted Veggies & Basmati Rice

CUSTOMER FAVOURITE

EXPLORER













Curry Powder



Basmati Rice





Mild Curry

Gemfish Fillets



Tamarind Paste



Chicken-Style

Baby Spinach



Coconut Milk

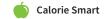






Prep in: 20-30 mins Ready in: 30-40 mins

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

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	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

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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.



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!



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
- 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.



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), chickenstyle stock powder, coconut milk, water (for the curry), the brown sugar and remaining butter. Cook, stirring, until reduced, 2-3 minutes.



Finish the curry

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



Serve up

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

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate