



THAI YELLOW FISH CURRY

with Makrut Lime & Jasmine Rice



Make a Thai inspired yellow curry



Jasmine Rice



Ginger



Garlic



Brown Onion



Makrut Lime Leaves



Asian Greens



Lime



White Fish Fillets



Yellow Curry Paste



Coconut Milk



Crispy Shallots

Hands-on: **25 mins**
Ready in: **35 mins**

Eat me first

Spicy (yellow curry paste)

Cooking a delicious Thai meal at home is as easy as having the right ingredients on hand. And that's where we come in! Use curry paste (remember to add less if you like it mild), rich coconut milk and makrut lime leaves to create an aromatic base, then let tender fish simmer for a few minutes until it's cooked through. Our ingredients plus your cooking equals a match made in heaven –just like the heavenly flavours in this dish!

Pantry Staples: Olive Oil, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan** with a **lid**



1 COOK THE RICE

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.
TIP: The rice will finish cooking in its own steam so don't peek!



2 GET PREPPED

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Very thinly slice the **makrut lime leaves**.
TIP: The leaves are fibrous so make sure to cut them very thin. Roughly chop the **Asian greens**. Slice the **lime** into wedges. Cut the **white fish fillets** into 2cm pieces.



3 START THE CURRY

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion** and cook, stirring, until softened, **3-4 minutes**. Add a **drizzle** more **olive oil**, the **ginger, garlic** and **yellow curry paste** (see ingredients list) and cook until fragrant, **1-2 minutes**.
SPICY! You may find the curry paste hot! Feel free to add less, depending on your taste.



4 ADD THE COCONUT MILK

Add the **coconut milk** (see ingredients list), **soy sauce, makrut lime leaves** and **Asian greens** to the pan and bring to a simmer.



5 ADD THE FISH

Add the **white fish** to the pan and stir to combine. Cover with a lid or foil and cook until the fish has just cooked through, **4-5 minutes**.
TIP: The fish is cooked through when it turns from translucent to white.



6 SERVE UP

Divide the rice between bowls and top with the Thai yellow fish curry. Garnish with the **crispy shallots** and serve with the lime wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cup	2½ cups
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
brown onion	1	2
makrut lime leaves	2 leaves	4 leaves
Asian greens	1 bunch	2 bunches
lime	1	2
white fish fillets	1 packet	1 packet
yellow curry paste	½ tub (25 g)	1 tub (50 g)
coconut milk	¾ tin (300 ml)	1½ tins (600 ml)
soy sauce*	2 tsp	4 tsp
crispy shallots	1 packet	2 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (784Cal)	578kJ (138Cal)
Protein (g)	39.7g	7.0g
Fat, total (g)	31.3g	5.5g
- saturated (g)	20.2g	3.6g
Carbohydrate (g)	77.6g	13.7g
- sugars (g)	8.5g	1.5g
Sodium (g)	1210mg	212mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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