

THAI YELLOW FISH CURRY

with Makrut Lime & Jasmine Rice



a match made in heaven – just like the heavenly flavours in this dish!

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



Make a Thai inspired yellow curry



Jasmine Rice









Brown Onion



Makrut Lime



Asian Greens







Yellow Curry

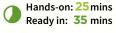


Coconut Milk



Crispy Shallots

Pantry Staples: Olive Oil, Soy Sauce







Spicy (yellow curry



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 PREPPEDWhile 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.



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.



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



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.



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

ENJOY!

INGREDIENTS

2P	4P
refer to method	refer to method
1¼ cup	2½ cups
1 packet	2 packets
1 knob	2 knobs
2 cloves	4 cloves
1	2
2 leaves	4 leaves
1 bunch	2 bunches
1	2
1 packet	1 packet
½ tub (25 g)	1 tub (50 g)
¾ tin (300 ml)	1½ tins (600 ml)
2 tsp	4 tsp
1 packet	2 packets
	refer to method 1¼ cup 1 packet 1 knob 2 cloves 1 2 leaves 1 bunch 1 1 packet ½ tub (25 g) ¾ tin (300 ml) 2 tsp

*Pantry Items

PER SERVING	PER 100G
3280kJ (784Cal)	578kJ (138Cal)
39.7g	7.0g
31.3g	5.5g
20.2g	3.6g
77.6g	13.7g
8.5g	1.5g
1210mg	212mg
	3280kJ (784Cal) 39.7g 31.3g 20.2g 77.6g 8.5g

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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