



Mumbai White Fish & Bengali Coconut Sauce

with Honey-Roasted Veggies & Mixed Leaf Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Cauliflower



Garlic



Gemfish Fillets



Mumbai Spice Blend



Bengal Curry Paste



Light Coconut Milk

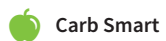


Mixed Salad Leaves



Gemfish Fillets

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



Carb Smart

Eat Me First

A fresh cut of fish is so refreshing, but how about darkening the taste with some delicious Mumbai spice and a coconutty Bengali sauce drizzled on top? It won't disappoint and might even become a new fish favourite!

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

Pantry items

Olive Oil, Honey, Brown Sugar, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
honey*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
gemfish fillets	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
Bengal curry paste	1 medium packet	1 large packet
light coconut milk	1 small packet	1 medium packet
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
gemfish fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1491kJ (356Cal)	267kJ (64Cal)
Protein (g)	24g	4.3g
Fat, total (g)	24.3g	4.4g
- saturated (g)	16.2g	2.9g
Carbohydrate (g)	38.7g	6.9g
- sugars (g)	19.4g	3.5g
Sodium (mg)	698mg	125mg
Dietary Fibre (g)	8.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1971kJ (471Cal)	282kJ (67Cal)
Protein (g)	39.7g	5.7g
Fat, total (g)	30g	4.3g
- saturated (g)	16.9g	2.4g
Carbohydrate (g)	39.1g	5.6g
- sugars (g)	19.8g	2.8g
Sodium (mg)	807mg	116mg
Dietary Fibre (g)	8.1g	1.2g

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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into bite-sized chunks. Cut **cauliflower** into small florets.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- In the last **5 minutes**, add the **honey** and gently toss to coat. Return to the oven and continue roasting.

TIP: If your oven tray is crowded, divide between two trays.

4



Simmer the sauce

- Wipe out the frying pan, then return to low heat with a drizzle of **olive oil**. Cook **garlic** and **Bengal curry paste** until fragrant, **1-2 minutes**.
- Add **light coconut milk**, the **brown sugar** and a splash of **water**, stirring to combine. Simmer until slightly reduced, **1-2 minutes**. Season to taste.

TIP: Add a splash more water if the sauce looks too thick.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Discard any liquid from **gemfish fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a medium bowl, combine **Mumbai spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **fish fillets** and gently turn to coat.

Custom Recipe: If you've ordered double the fish, coat in a large bowl for best results!

5



Make the salad

- In a large bowl, combine **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**.

3



Cook the fish

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **fish** until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate and cover to keep warm.

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

TIP: Add extra oil between batches if needed so the fish doesn't stick to the pan.

Custom Recipe: Cook the fish in batches for best results!

6



Serve up

- Divide honey-roasted veggies, Mumbai white fish and mixed leaf salad between plates.
- Spoon Bengali coconut sauce over the fish to serve. Enjoy!

Rate your recipe

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