



Golden Coconut Fish Curry

with Garlic Rice & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Green Beans



Gemfish Fillets



Sweet Soy Seasoning



Katsu Paste



Coconut Milk



Coriander



Crispy Shallots



Peeled Prawns

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

Eat Me First

Embark on a culinary journey with our Golden Coconut Fish Curry, a harmonious blend of tender white fish bathed in a rich coconutty sauce. With pops of carrot and green beans throughout, this exotic dish promises a perfect balance of freshness and creaminess.

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

Pantry items

Olive Oil, Butter, Soy Sauce

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

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
gemfish fillets	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
soy sauce*	1 tsp	2 tsp
water* (for the curry)	¼ cup	½ cup
coriander	½ bag	1 bag
crispy shallots	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2895kJ (692Cal)	539kJ (129Cal)
Protein (g)	25.8g	4.8g
Fat, total (g)	38.3g	7.1g
- saturated (g)	22.8g	4.2g
Carbohydrate (g)	86.7g	16.1g
- sugars (g)	15.8g	2.9g
Sodium (mg)	1492mg	278mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2764kJ (661Cal)	556kJ (133Cal)
Protein (g)	23.8g	4.8g
Fat, total (g)	33g	6.6g
- saturated (g)	22.2g	4.5g
Carbohydrate (g)	87.3g	17.6g
- sugars (g)	16.3g	3.3g
Sodium (mg)	2035mg	409mg

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

2024 | CW07



1



Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **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 the water is absorbed, **10 minutes**.

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

4



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **green beans**, stirring, until tender, **5-6 minutes**.
- Add **sweet soy seasoning** and remaining **garlic** and cook, until fragrant, **1 minute**.

2



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Trim and halve **green beans**.
- Discard any **liquid** from **gemfish fillets** packaging. Slice **fish** in half crossways to get 1 piece per person.

5



Make the curry

- Reduce heat to medium, then add **katsu paste**, **coconut milk**, the **soy sauce** and **water (for the curry)** and simmer, until slightly reduced, **2-3 minutes**.
- Remove pan from heat, then flake in **gemfish**, stirring to combine. Season to taste.

Custom Recipe: Remove pan from heat, return prawns to the pan and flake in gemfish, stirring to combine.

3



Cook the fish

- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Season **fish** on both sides with **salt** and **pepper**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Gemfish 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: If you've upgraded to prawns, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Transfer to a plate.

6



Serve up

- Divide garlic rice between bowls.
- Top with golden coconut fish curry. Tear over **coriander (see ingredients)** and sprinkle over **crispy shallots** to garnish. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate