



# Sri Lankan Smooth Dory & Cauliflower Curry

with Garlic Rice & Coriander

NEW

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Onion



Garlic



Basmati Rice



Smooth Dory Fillets



Sri Lankan Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Light Coconut Milk



Coriander



Smooth Dory Fillets

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

Eat Me First

This deeply flavourful fish and cauliflower curry is like a golden sunset. Filled to the brim with bright veggies and tender gemfish fillets, we reckon this beaming bowl will add the spice you never knew you needed to your night.

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

### Pantry items

Olive Oil, Butter, Honey

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
carrot	1	2
onion	½	1
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
basmati rice	1 packet	1 packet
<b>water* (for the rice)</b>	1½ cups	3 cups
smooth dory fillets	1 packet	2 packets
Sri Lankan spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
light coconut milk	1 small packet	2 small packets
<b>honey*</b>	1 tsp	2 tsp
<b>water* (for the sauce)</b>	¼ cup	½ cup
coriander	½ packet	1 packet
smooth dory fillets**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2957kJ (707Cal)	397kJ (95Cal)
Protein (g)	30.1g	4g
Fat, total (g)	36.1g	4.8g
- saturated (g)	21.7g	2.9g
Carbohydrate (g)	91.6g	12.3g
- sugars (g)	17.7g	2.4g
Sodium (mg)	1190mg	160mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3437kJ (821Cal)	388kJ (93Cal)
Protein (g)	45.8g	5.2g
Fat, total (g)	41.9g	4.7g
- saturated (g)	22.4g	2.5g
Carbohydrate (g)	92.1g	10.4g
- sugars (g)	18.1g	2g
Sodium (mg)	1300mg	147mg

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](https://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 **220°C/200°C fan-forced**. Chop **cauliflower** (including stalk!) into small florets. Cut **carrot** into bite-sized chunks. Cut **onion** (see ingredients) into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, **20-25 minutes**.

4



## Make the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil** if needed. Cook **Sri Lankan spice blend**, **tomato paste** and remaining **garlic** until fragrant, **1-2 minutes**.
- Add **chicken-style stock powder**, **coconut milk**, the **honey** and **water (for the sauce)**. Simmer until the sauce has thickened slightly, **3-4 minutes**.

2



## Make the garlic rice

- Meanwhile, 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 water is absorbed, **10 minutes**.

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

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## Bring it all together

- Remove pan from heat, add **roast veggies** and flake in **fish**, stirring to combine. Season to taste.

3



## Cook the fish

- Discard any liquid from smooth dory packaging.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- Season **smooth dory** 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 plate.

**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:** If you've doubled your smooth dory, follow step as above.

6



## Serve up

- Divide garlic rice between bowls. Top with Sri Lankan smooth dory and cauliflower curry.
- Tear over **coriander** (see ingredients). Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)