

with Garlic Rice & Coriander

NEW















Onion





Smooth Dory

Fillets

Basmati Rice



Sri Lankan Spice Blend



Tomato Paste



Chicken-Style Stock Powder



Light Coconut



Coriander

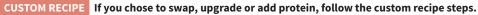
Pantry items

Olive Oil, Butter, Honey





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.



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

Inaredients

| 3 | | |
|-------------------------------|------------------|-------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| cauliflower | 1 portion (400g) | 2 portions (800g) |
| carrot | 1 | 2 |
| onion | 1/2 | 1 |
| garlic | 3 cloves | 6 cloves |
| butter* | 20g | 40g |
| basmati rice | 1 packet | 1 packet |
| water* (for the rice) | 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 |
| honey* | 1 tsp | 2 tsp |
| water* (for the sauce) | 1/4 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 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





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.



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!



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.



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.



Bring it all together

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



Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate