



# Indian Tamarind White Fish Curry

with Roasted Veggies & Garlic Rice

NEW

Grab your Meal Kit with this symbol



Carrot



Parsnip



Cauliflower



Curry Powder



Garlic



Basmati Rice



Smooth Dory Fillets



Mild Curry Paste



Tamarind Paste



Chicken-Style Stock Powder



Coconut Milk



Smooth Dory Fillets

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



Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*



Eat Me First

If you've been looking for a dinner that packs a flavoursome punch then we have something just for you. Roasting an array of colourful veggies is an instant winner, and flaking in delicious white fish is the cherry on top! And don't dismiss the garlic rice - it'll bring new levels of flavour to this already vibrant dish.

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

### Pantry items

Olive Oil, Butter, Brown Sugar



## 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
carrot	1	2
parsnip	1	2
cauliflower	1 medium portion	1 large portion
curry powder	1 sachet	2 sachets
garlic	3 cloves	6 cloves
<b>butter*</b>	40g	80g
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
smooth dory fillets	1 packet	2 packets
mild curry paste	½ medium packet	1 medium packet
tamarind paste	½ medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
<b>water*</b> (for the curry)	½ cup	1 cup
<b>brown sugar*</b>	1 tbs	2 tbs
smooth dory fillets**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2431kJ (581Cal)	383kJ (92Cal)
Protein (g)	29.1g	4.6g
Fat, total (g)	28.4g	4.5g
- saturated (g)	15.6g	2.5g
Carbohydrate (g)	93.4g	14.7g
- sugars (g)	18.8g	3g
Sodium (mg)	1236mg	195mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2911kJ (696Cal)	376kJ (90Cal)
Protein (g)	44.8g	5.8g
Fat, total (g)	34.1g	4.4g
- saturated (g)	16.3g	2.1g
Carbohydrate (g)	93.9g	12.1g
- sugars (g)	19.2g	2.5g
Sodium (mg)	1345mg	174mg

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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks. Chop **cauliflower** (including stalk!) into small florets.
- Place **veggies** on a lined oven tray, sprinkle over **curry powder** and drizzle with **olive oil**. Season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



## Make the curry sauce

- When the veggies have **5 minutes** remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **mild curry paste** (see ingredients) and remaining **garlic**, until fragrant, **1 minute**.
- Add **tamarind paste** (see ingredients), **chicken-style stock powder**, **coconut milk**, **water (for the curry)**, the **brown sugar** and remaining **butter**. Cook, stirring, until reduced, **2-3 minutes**.



## Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat half 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!



## Finish the curry

- Add **fish** and **roasted veggies** to the curry and gently stir to break up the fish.



## Cook the white fish

- Meanwhile, discard any liquid from **smooth dory** packaging. Slice **fish** in half crossways to get 1 piece per person. Pat **fish** dry with paper towel and season on both sides with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **fish** until just cooked through, **2-3 minutes** each side. Transfer to a plate.

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

**Custom Recipe:** If you've doubled your smooth dory, cook in batches for best results.



## Serve up

- Divide garlic rice between bowls.
- Top with Indian tamarind white fish curry. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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