



Mumbai-Spiced White Fish & Apple Slaw

with Garlic Yoghurt & Coriander

Grab your Meal Kit with this symbol



Garlic



Baby Leaves



Carrot



Apple



Lime



Smooth Dory Fillets



Mumbai Spice Blend



Sweet Chilli Sauce



Greek-Style Yoghurt



Shredded Cabbage Mix

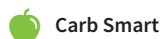


Coriander



Smooth Dory Fillets

Prep in: 20-30 mins
Ready in: 25-35 mins



Carb Smart

Eat Me First

It's good to relax and refresh and a good meal can be the first step. Fish, cooked in mild, warming spices and served on a bed of fresh and crunchy slaw is sure to rejuvenate you at the end of a long day. Sit back, relax and enjoy.

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

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby leaves	1 small packet	1 medium packet
carrot	1	2
apple	1	2
lime	½	1
smooth dory fillets	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
sweet chilli sauce	1 medium packet	1 large packet
honey*	½ tsp	1 tsp
Greek-style yoghurt	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
coriander	1 packet	1 packet
smooth dory fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1473kJ (352Cal)	308kJ (74Cal)
Protein (g)	22.6g	4.7g
Fat, total (g)	14g	2.9g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	34.6g	7.2g
- sugars (g)	25g	5.2g
Sodium (mg)	593mg	124mg
Dietary Fibre (g)	7.1g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1953kJ (467Cal)	316kJ (76Cal)
Protein (g)	38.3g	6.2g
Fat, total (g)	19.8g	3.2g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	35.1g	5.7g
- sugars (g)	25.4g	4.1g
Sodium (mg)	703mg	114mg
Dietary fibre	7.1g	1.1g

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 | CW17



1



Get prepped

- Finely chop **garlic**. Roughly chop **baby leaves**. Grate **carrot**. Thinly slice **apple** into sticks. Zest **lime** to get a good pinch and cut in half.
- Discard any liquid from **smooth dory 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 **pepper** and a drizzle of **olive oil**. Add **fish** and gently turn to coat. Set aside.

Custom Recipe: If you've doubled your fish, flavour in a large bowl.

3



Cook the fish

- Return the frying pan to medium-high heat with a 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.

TIP: The 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 fish in batches for best results.

2



Make the dressing

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **garlic** until fragrant, **1-2 minutes**. Transfer half the **garlic oil mixture** to a large bowl.
- Add **sweet chilli sauce**, the **honey**, **lime zest** and a squeeze of **lime juice**. Season and stir to combine. Set aside.
- Transfer the remaining **garlic oil mixture** to a small bowl. Add **Greek-style yoghurt** and combine. Season to taste and set aside.

4



Serve up

- Meanwhile, add **shredded cabbage mix**, baby leaves, carrot and apple to the sweet chilli dressing. Toss well to combine and season to taste.
- Divide apple slaw between plates. Top with Mumbai white fish.
- Drizzle over garlic yoghurt. Tear over **coriander** to serve. Enjoy!

Rate your recipe

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