

Indian Tamarind White Fish Curry

with Roasted Veggies & Garlic Rice

Grab your meal kit with this number

17



Carrot



Parsnip



Cauliflower



Curry Powder



Garlic



Jasmine Rice



Smooth Dory Fillets



Mild Curry Paste



Tamarind Paste



Chicken-Style Stock Powder



Coconut Milk



Smooth Dory Fillets



Chicken Breast

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

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.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	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
butter*	40g	80g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ 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
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1922kJ (459Cal)	299kJ (71Cal)
Protein (g)	35.8g	5.6g
Fat, total (g)	29.7g	4.6g
- saturated (g)	16.1g	2.5g
Carbohydrate (g)	55.9g	8.7g
- sugars (g)	18.3g	2.9g
Sodium (mg)	1240mg	193mg
Dietary Fibre (g)	13.5g	g

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://www.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 | CW27



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks. Cut **cauliflower** (including stalks) 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 **jasmine 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 **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 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 fillet** 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.



Serve up

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

CUSTOM OPTIONS



DOUBLE SMOOTH DORY FILLETS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

