

Mumbai White Fish & Cauliflower Curry

with Garlic Rice & Coriander

Grab your meal kit with this number

17



Cauliflower



Carrot



Onion



Garlic



Jasmine Rice



Smooth Dory Fillets



Mumbai Spice Blend



Tomato Paste



Chicken-Style Stock Powder



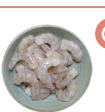
Coconut Milk



Coriander



Smooth Dory Fillets



Peeled Prawns

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

Calorie Smart

Eat Me First

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

Pantry items

Olive Oil, Butter, Honey

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 lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 large portion	2 large portions
carrot	1	2
onion	½	1
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
smooth dory fillets	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
honey*	1 tsp	2 tsp
water* (for the sauce)	¼ cup	½ cup
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2259kJ (540Cal)	302kJ (72Cal)
Protein (g)	27.3g	3.6g
Fat, total (g)	36.5g	4.9g
- saturated (g)	21.8g	2.9g
Carbohydrate (g)	55.2g	7.4g
- sugars (g)	18.1g	2.4g
Sodium (mg)	1138mg	152mg
Dietary Fibre (g)	12g	1.6g

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 | CW30



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 curry

- Return frying pan to medium-high heat with a drizzle of **olive oil** if needed. Cook **Mumbai 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 slightly thickened, **3-4 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 **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!



Bring it all together

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



Cook the fish

- Discard any liquid from **smooth dory fillet** packaging. Season **fish** on both sides with **salt** and **pepper**.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- 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.



Serve up

- Divide garlic rice between bowls. Top with Mumbai white fish and cauliflower curry.
- Tear over **coriander** to serve. Enjoy!

CUSTOM OPTIONS

+ **DOUBLE SMOOTH DORY FILLETS**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO PEELED PRAWNS**
Bring curry to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes. Add a splash of water if necessary!

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

