

# Quick Smooth Dory & Veggie Bengali Curry

with Garlic Rice & Crushed Peanuts

Grab your meal kit with this number

17



Garlic



Jasmine Rice



Green Beans



Smooth Dory Fillets



Tomato Paste



Bengal Curry Paste



Mumbai Spice Blend



Coconut Milk



Baby Leaves



Crushed Peanuts

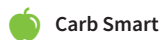


Smooth Dory Fillets



Soffritto Mix

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



 Eat Me First

If you're looking for a cosy meal to add to the table, we can't recommend this rich fish curry enough. Let the warm flavours of the Mumbai spice and coconut add an extra layer of flavour and you'll be humming in bliss with every bite.

### 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
<b>water* (for the rice)</b>	1½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
smooth dory fillets	1 packet	2 packets
tomato paste	1 packet	2 packets
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
<b>water* (for the curry)</b>	⅓ cup	⅔ cup
<b>brown sugar*</b>	½ tsp	1 tsp
baby leaves	1 small packet	1 medium packet
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2660kJ (636Cal)	566kJ (135Cal)
Protein (g)	27.4g	5.8g
Fat, total (g)	53.7g	11.4g
- saturated (g)	29.4g	6.3g
Carbohydrate (g)	40g	8.5g
- sugars (g)	10.3g	2.2g
Sodium (mg)	1931mg	411mg
Dietary Fibre (g)	7.1g	1.5g

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

2024 | CW31



1



## Make the garlic rice

- Finely chop **garlic**. In a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** to pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

3



## Make the curry sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **4-5 minutes**.
- **SPICY!** This curry paste is mild, but use less if you're sensitive to heat! Reduce heat to medium-low, then add **tomato paste**, **Bengal curry paste** and **Mumbai spice blend** and cook, stirring, until fragrant, **1-2 minutes**.
- Add **coconut milk**, **water (for the curry)**, the **brown sugar** and remaining **butter** and cook until reduced, **1-2 minutes**.
- Add **fish** and **baby leaves**, then gently stir to break up fish.

### CUSTOM OPTIONS



#### DOUBLE SMOOTH DORY FILLETS

Follow method above, cooking in batches if necessary.



#### ADD SOFFRITTO MIX

Cook with veggies until softened, 4-5 minutes.

2



## Cook the fish

- Meanwhile, trim and halve **green beans**.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Season **fish** 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 paper towel-lined plate.

**TIP:** The fish is cooked through when it turns from translucent to white!

4



## Serve up

- Divide garlic rice between bowls.
- Top with smooth dory and veggie Bengali curry.
- Garnish with **crushed peanuts** to serve. Enjoy!

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

