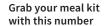


Mumbai White Fish & Cauliflower Curry

with Garlic Rice & Coriander















Onion





Jasmine Rice



Mumbai Spice Blend



White Fish

Tomato Paste



Chicken-Style Stock Powder



Coconut Milk



Coriander





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

Eat Me First



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 \cdot Medium saucepan with a lid \cdot 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	1/2	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
white fish	1 packet	2 packets
Mumbai spice blend	1 sachet	2 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)	1⁄4 cup	½ cup
coriander	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2235kJ (534Cal)	299kJ (71Cal)
Protein (g)	27.1g	3.6g
Fat, total (g)	36.2g	4.8g
- saturated (g)	21.5g	2.9g
Carbohydrate (g)	55.1g	7.4g
- sugars (g)	18.1g	2.4g
Sodium (mg)	2216mg	297mg
Dietary Fibre (g)	12.1g	1.6g
. 0.	U	

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.



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 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!



Cook the fish

- Meanwhile, discard any liquid from white fish packaging.
- 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 plate.

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



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.



Bring it all together

• Remove pan from heat, add **roast veggies** and flake in **fish**, stirring to combine. Season to taste.



Serve up

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





OPTIONS

DOUBLE WHITE FISH

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.

