

Sesame Crumbed White Fish & Katsu Curry

with Asian Greens, Garlic Rice & Coriander

NEW

Grab your meal kit with this number

17



Garlic



Jasmine Rice



Onion



Asian Greens



Carrot



Gemfish Fillets



Sweet Soy Seasoning



Panko Breadcrumbs



Sesame Seeds



Curry Powder



Katsu Paste



Coconut Milk



Coriander



Chicken Breast



Pork Schnitzel

Prep in: 20-30 mins
Ready in: 35-45 mins

Protein Rich

Eat Me First

This golden crumbed fish is speckled with sesame seeds, adding even more crunch and flavour. Let's serve it alongside an ultra-creamy and absolutely delicious coconut katsu curry, with a variety of tender veg stirred through. Don't ignore the humble garlic rice, it's a must for soaking up all that curry!

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Brown Sugar, Soy Sauce

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 with lid · Large frying pan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
onion	½	1
Asian greens	1 packet	2 packets
carrot	1	2
gemfish fillets	1 packet	2 packets
plain flour*	2 tbs	¼ cup
sweet soy seasoning	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
curry powder	1 sachet	2 sachets
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2933kJ (701cal)	215kJ (51cal)
Protein (g)	32.8g	2.4g
Fat, total (g)	43.4g	3.2g
- saturated (g)	22.8g	1.7g
Carbohydrate (g)	73.4g	5.4g
- sugars (g)	14.8g	1.1g
Sodium (mg)	1315mg	96.3mg
Dietary Fibre (g)	10.5g	0.8g

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.

1



Cook the rice

- 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** 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 all the water is absorbed, **10-15 minutes**.

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

4



Finish the curry

- Reduce heat to medium, stir in **curry powder**, **katsu paste**, **coconut milk**, the **brown sugar**, **soy sauce** and a splash of **water** and cook, until combined, **1-2 minutes**. Season to taste.

2



Get prepped

- Meanwhile, roughly chop **onion (see ingredients)** and **Asian greens**. Thinly slice **carrot** into half-moons.
- Discard any liquid from **gemfish** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a shallow bowl, combine the **plain flour** and **sweet soy seasoning**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs** and **sesame seeds**.
- Coat **fish** first in the **flour**, followed by the **egg** and finally the **breadcrumb mixture**. Set aside on a plate.

5



Cook the fish

- Meanwhile, heat a medium frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **crumbed fish** until golden and cooked through, **3-5 minutes** each side.
- Transfer to a paper towel-lined plate and season with **salt**.

3



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **onion**, until tender, **4-5 minutes**.
- Add remaining **garlic** and **Asian greens** and cook, until fragrant, **1 minute**.

6



Serve up

- Slice fish.
- Divide garlic rice between bowls.
- Top with katsu curry and sesame crumbed fish.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Crumb and cook as above, 3-6 minutes each side.



SWAP TO PORK SCHNITZEL

Follow crumbing and cooking method above, cooking for 1-2 minutes each side.

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

