

Mumbai White Fish & Bengali Sauce

with Honey-Roasted Veggies & Mixed Leaf Salad

HELLOHERO

Grab your meal kit with this number

17



Potato



Baby Rainbow Carrots



Cauliflower



Garlic



Smooth Dory Fillets



Mumbai Spice Blend



Bengal Curry Paste



Coconut Milk



Mixed Salad Leaves



Peeled Prawns



Smooth Dory Fillets

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

Carb Smart

Eat Me First

A fresh cut of fish is so refreshing, but how about deepening the flavour with some delicious Mumbai spice and a coconuty Bengali sauce drizzled on top? It won't disappoint and might even become a new fish favourite!

Pantry items

Olive Oi, Honey, Brown Sugar, White Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
baby rainbow carrots	1 packet	2 packets
cauliflower	1 medium portion	1 large portion
honey*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
smooth dory fillets	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
Bengal curry paste	1 medium packet	1 large packet
coconut milk	1 medium packet	2 medium packets
brown sugar*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1458kJ (262cal)	262kJ (47cal)
Protein (g)	23.7g	4.3g
Fat, total (g)	24.2g	4.3g
- saturated (g)	16.2g	2.9g
Carbohydrate (g)	37.5g	6.7g
- sugars (g)	14.2g	2.5g
Sodium (mg)	622mg	111.7mg
Dietary Fibre (g)	8.5g	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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **baby rainbow carrots** into bite-sized chunks.
- Cut **cauliflower** into small florets.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- In the **last 5 minutes**, add the **honey** and gently toss to coat. Return to the oven and continue roasting.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Simmer the sauce

- Wipe out frying pan, then return to low heat with a drizzle of **olive oil**. Cook **garlic** and **Bengal curry paste** until fragrant, **1-2 minutes**.
- Add **coconut milk**, the **brown sugar** and a splash of **water**, stirring to combine. Simmer until slightly reduced, **1-2 minutes**. Season to taste.

TIP: Add a splash more water if the sauce looks too thick.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Remove **smooth dory fillets** from packaging and pat dry with paper towel.
- In a medium bowl, combine **Mumbai spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **fish fillets** and gently turn to coat.

5



Make the salad

- In a large bowl, combine **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**.

3



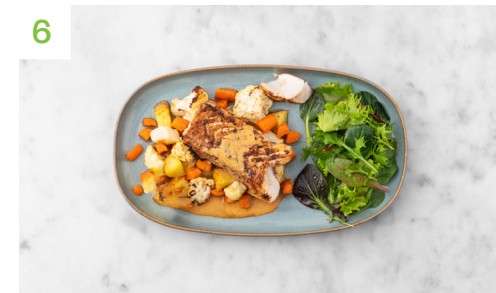
Cook the fish

- When the veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a generous drizzle of **olive oil**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side.
- Transfer to a paper towel-lined plate and cover to keep warm.

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.

6



Serve up

- Divide honey-roasted veggies, Mumbai white fish and mixed leaf salad between serving plates.
- Spoon Bengali sauce over the fish to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS

+ ADD PEELED PRAWNS

Flavour as above. Cook, tossing, until pink and starting to curl up, 3-4 minutes.

+ DOUBLE SMOOTH DORY FILLETS

Follow method above, cooking in batches if necessary.

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

