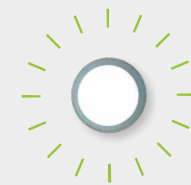# BENGAL FISH CURRY
with Basmati Rice

Make an East Indian fish curry with coconut milk

Basmati Rice

Brown Onion

Ginger

Garlic

Carrot

Baby Spinach Leaves

White Fish Fillets

Brown Mustard Seeds

Bengal Curry Paste

Coconut Milk

Pantry Staples: Olive Oil, Butter

Hands-on: 25 mins
Ready in: 30 mins

Eat me first

Our rich Bengal curry is a stellar way to bring fish to your dinner table. It's full of aromatic flavours and ready in just 30 minutes. To make the perfect rice, avoid the temptation to lift the lid before it's ready – it cooks in its own steam!

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Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **medium saucepan** with a **lid** • **large saucepan**

1 COOK THE RICE
In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.
💡 **TIP:** The rice will finish cooking in its own steam so don't peek!

2 GET PREPPED
While the rice is cooking, finely chop the **brown onion**. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Cut the **white fish fillets** into 2cm pieces.

3 START THE CURRY
In a large saucepan, heat the **butter** and a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **ginger**, **garlic** and **carrot** and cook until fragrant, **1 minute**. Add the **brown mustard seeds** and **Bengal curry paste (see ingredients list)**. Cook, stirring, until fragrant, **2 minutes**.

4 ADD THE VEGGIES & FISH
Add the **coconut milk** and the **salt** to the curry in the saucepan and stir until well combined. Simmer until thickened slightly, **3-4 minutes**. Add the **fish** and cook, stirring occasionally, until just cooked through, **3-4 minutes**.

5 STIR THROUGH THE SPINACH
Stir through the chopped **baby spinach** until just wilted, **1 minute**.

6 SERVE UP
Divide the basmati rice between bowls and top with the Bengal fish curry.

ENJOY!

	2P	4P
*olive oil**	refer to method	refer to method
*water**	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
white fish fillets	1 packet	1 packet
*butter**	20g	40g
brown mustard seeds	1 sachet	2 sachets
Bengal curry paste	¾ sachet (75g)	1½ sachets (150g)
coconut milk	1 tin (400ml)	2 tins (800ml)
*salt**	¼ tsp	½ tsp

**Pantry Items*

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4050kJ (967Cal)	611kJ (146Cal)
Protein (g)	41.4g	6.3g
Fat, total (g)	47.4g	7.2g
- saturated (g)	29.9g	4.5g
Carbohydrate (g)	81.5g	12.3g
- sugars (g)	10.8g	1.6g
Sodium (g)	1550mg	234mg

For allergens and ingredient information, visit
HelloFresh.co.nz/recipes

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