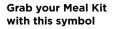
# Bengal-Style Coconut Fish Curry

with Jasmine Rice









**Jasmine Rice** 







Carrot









Coriander



White Fish





**Chopped Tomatoes** 



Coconut Milk



**Baby Spinach** Leaves

Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Large frying pan with a lid (or foil)

#### Ingredients

9.00.00		
	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
brown onion	1/2	1
carrot	1	2
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
coriander	1 bunch	1 bunch
white fish fillets	1 packet	1 packet
Bengal curry paste	½ packet (50g)	<b>1 packet</b> (100g)
chopped tomatoes	1 tin	2 tins
coconut milk	1 tin (200ml)	<b>1 tin</b> (400ml)
baby spinach leaves	1 bag (30g)	<b>1 bag</b> (60g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	<b>445kJ</b> (106Cal)
Protein (g)	39.3g	5.9g
Fat, total (g)	21.1g	3.2g
- saturated (g)	12.4g	1.9g
Carbohydrate (g)	81.9g	12.3g
- sugars (g)	13.6g	2.1g
Sodium (mg)	1310mg	197mg

#### **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

In a medium saucepan, bring the **water** to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the 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!



## 2. Get prepped

While the rice is cooking, thinly slice the **brown onion** (see ingredients list). Thinly slice the **carrot** (unpeeled) into half-moons. Finely grate the **ginger** and **garlic** (or use a garlic press). Roughly chop the **coriander**. Cut the **white fish fillets** into 2cm pieces.



## 3. Start the curry

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and **carrot** and cook, stirring, until softened, **4-5 minutes**. Add a **drizzle** more **olive oil**, the **ginger**, **garlic** and **Bengal curry paste** (see ingredients list) and cook until fragrant, **1-2 minutes**.



## 4. Make it saucy

Add the **chopped tomatoes** to the frying pan and bring to a simmer.



## 5. Finish the curry

Add the **fish** and **coconut milk** to the frying pan and stir to combine. Cover with a lid or foil and simmer until the fish is just cooked through, **4-5 minutes**. Stir the **baby spinach leaves** through the curry until just wilted, **1 minute**.

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



# 6. Serve up

Divide the jasmine rice between bowls and top with the Bengal-style coconut fish curry. Garnish with the coriander.

**Enjoy!**