Bengal-Style Coconut Fish Curry
with Jasmine Rice

Jasmine Rice

Brown Onion

Carrot

Ginger

Garlic

Coriander

White Fish Fillets

Bengal Curry Paste

Chopped Tomatoes

Coconut Milk

Baby Spinach Leaves

Pantry items

Olive Oil

Hands-on: 25-35 mins
Ready in: 30-40 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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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

	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	½	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)	1 packet (100g)
chopped tomatoes	1 tin	2 tins
coconut milk	1 tin (200ml)	1 tin (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	445kJ (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!