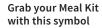


# Mild Indian White Fish Curry

with Roasted Veggies & Basmati Rice















**Curry Powder** 



Basmati Rice



Mild Curry



**Tamarind Paste** 

Paste



Chicken-Style Stock Powder



Baby Spinach Leaves



Coconut Milk

Smooth Dory

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

Eat Me First

A mild heat from the curry mixed in with fresh fish and veggies is a power battle that you don't want to miss because both will be fighting for your tastebuds' attention. In the end, both the soothing curry and rejuvenating white fish are winners and that's why this dinner will come out on top!

**Pantry items** 

Olive Oil, Butter, Brown Sugar

## 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

Oven tray lined with baking paper  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

# Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
parsnip	1	2	
curry powder	1 sachet	2 sachets	
butter* (for the rice)	20g	40g	
basmati rice	1 packet	1 packet	
water* (for the rice)	1½ cups	3 cups	
smooth dory fillets	1 packet	2 packets	
mild curry paste	½ packet	1 packet	
tamarind paste	½ packet	1 packet	
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)	
coconut milk	1 tin (165ml)	1 tin (400ml)	
butter* (for the curry)	20g	40g	
water* (for the curry)	½ cup	1 cup	
brown sugar*	1 tbs	2 tbs	
baby spinach leaves	1 medium bag	1 large bag	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3326kJ (794Cal)	626kJ (149Cal)
Protein (g)	24.9g	4.7g
Fat, total (g)	41.4g	7.8g
- saturated (g)	24.6g	4.6g
Carbohydrate (g)	86.7g	16.3g
- sugars (g)	15g	2.8g
Sodium (mg)	1018mg	191mg

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.



# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and parsnip into bite-sized chunks.
- Place veggies on a lined tray, sprinkle over curry powder and drizzle with olive oil. Season with salt and toss to coat.
- Spread out evenly, then roast until tender,
  20-25 minutes.



# Cook the rice

- In a medium saucepan, heat the **butter (for the rice)** with a dash of **olive oil** over medium heat.
- Add basmati rice, water (for the rice) and a generous pinch of salt, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for 10 minutes, then remove from heat and keep covered until rice is tender and the water is absorbed, 10 minutes.

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



# Cook the fish

- Meanwhile, pat **smooth dory fillets** dry with paper towel and season on both sides.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook **fish** until just cooked through, **2-3 minutes** each side. Transfer to a plate.

**TIP:** White fish is cooked through when the centre turns from translucent to white.



# Make the curry sauce

- When the veggies have 5 minutes remaining, wipe out the frying pan and return to medium-high heat with a drizzle of olive oil.
- Add mild curry paste (see ingredients), tamarind paste (see ingredients), chicken-style stock powder, coconut milk, butter (for the curry), water (for the curry) and the brown sugar. Cook, stirring, until reduced,
   2-3 minutes.



# Finish the curry

 Add fish, roasted veggies and baby spinach leaves to the curry and gently stir to break up the fish.



# Serve up

- Divide basmati rice between bowls.
- Top with mild Indian white fish curry. Enjoy!

