



# Mild Indian White Fish Curry

with Roasted Veggies & Basmati Rice

Grab your Meal Kit with this symbol



Carrot



Parsnip



Curry Powder



Basmati Rice



Mild Curry Paste



Tamarind Paste



Chicken-Style Stock Powder



Coconut Milk



Baby Spinach Leaves



Smooth Dory Fillets



### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
curry powder	1 sachet	2 sachets
<b>butter*</b> (for the rice)	20g	40g
basmati rice	1 packet	1 packet
<b>water*</b> (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)
<b>butter*</b> (for the curry)	20g	40g
<b>water*</b> (for the curry)	½ cup	1 cup
<b>brown sugar*</b>	1 tbs	2 tbs
baby spinach leaves	1 medium bag	1 large bag

\*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](https://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**.



## 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**.



## 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!



## Finish the curry

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



## 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.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



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