



THAI GREEN FISH CURRY

with Jasmine Rice & Lemon



Add coconut milk for a creamy curry



Jasmine Rice



Ginger



Brown Onion



Carrot



Asian Greens



Lemon



White Fish Fillets



Thai Green Curry Paste



Coconut Milk

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

Hands-on: **25** mins
Ready in: **35** mins

Eat me first

Spicy (Thai green curry paste)

We're heating things up by using Thai green curry paste in this creamy sauce, adding a depth and spice that'll cure any case of tired tastebuds. Balance it out with a bed of jasmine rice and a burst of lemony citrus to complete this perfect plate.

BEFORE YOU START

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

- **medium saucepan** with a **lid**
- **large frying pan**



1 COOK THE RICE

Add the **water** to a medium saucepan and bring 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, finely grate the **ginger**. Thinly slice the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Slice the **lemon** (see ingredients list) into wedges. Cut the **white fish fillets** into 2cm pieces.



3 FRY OFF THE AROMATICS

SPICY! *The curry paste is spicy so use a little less if you prefer a mild 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, **3-4 minutes**. Add a **drizzle** more **olive oil**, the **ginger** and **Thai green curry paste** (see ingredients list) and cook until fragrant, **1-2 minutes**.



4 MAKE THE SAUCE

Add the **coconut milk**, **soy sauce**, **brown sugar** and **Asian greens** to the pan. Stir to combine and bring to a simmer.



5 COOK THE FISH

Add the **fish** to the pan, stir to combine and cook until the fish is just cooked through, **5-6 minutes**. **TIP:** *The fish is cooked through when it turns from translucent to white.*



6 SERVE UP

Divide the rice between bowls and top with the Thai green fish curry. Serve with lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
brown onion	1	2
carrot	1	2
Asian greens	1 bunch	1 bunch
lemon	½	1
white fish fillets	1 packet	1 packet
Thai green curry paste	¾ tin (70g)	1½ tins (140g)
coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	2 tsp	4 tsp
brown sugar*	2 tsp	4 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3740kJ (892Cal)	534kJ (128Cal)
Protein (g)	42.2g	6.0g
Fat, total (g)	36.5g	5.2g
- saturated (g)	24.3g	3.5g
Carbohydrate (g)	87.8g	12.6g
- sugars (g)	15.9g	2.3g
Sodium (g)	3440mg	493mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2019 | WK44

