

THAI GREEN FISH CURRY

with Jasmine Rice & Lemon



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



Add coconut milk for a creamy curry



Jasmine Rice





Brown Onion





Asian Greens



Lemon



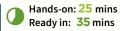


Thai Green Curry Paste



Coconut Milk

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar



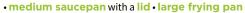




Spicy (Thai green

perfect plate.

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





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



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.



T 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.



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.



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.



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

ENJOY!

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	1/2	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

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