



Quick White Fish & Veggie Bengali Curry

with Garlic Rice & Cashews

NEW

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Green Beans



Smooth Dory Fillets



Tomato Paste



Bengal Curry Paste



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Roasted Peanut & Cashew Mix



Smooth Dory Fillets

Recipe Update

The recent weather conditions across New Zealand have 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: 25-35 mins

Eat Me First

If you're looking for a cosy meal to add to the table, we can't recommend this rich fish curry enough. Let the warm flavours of the Mumbai spice and coconut add an extra layer of flavour and you'll be humming in bliss with every bite.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	40g	80g
garlic	2 cloves	4 cloves
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
green beans	1 bag (100g)	1 bag (200g)
smooth dory fillets	1 packet	2 packets
tomato paste	1 packet	2 packets
Bengal curry paste	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 packet (180ml)	2 packets (360ml)
water* (for the curry)	⅓ cup	⅔ cup
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 small bag	1 medium bag
roasted peanut & cashew mix	1 packet	2 packets
smooth dory fillets**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3643kJ (871Cal)	797kJ (190Cal)
Protein (g)	28.6g	6.3g
Fat, total (g)	47.8g	10.5g
- saturated (g)	26.9g	5.9g
Carbohydrate (g)	77.5g	17g
- sugars (g)	8.8g	1.9g
Sodium (mg)	850mg	186mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4123kJ (985Cal)	691kJ (165Cal)
Protein (g)	44.3g	7.4g
Fat, total (g)	53.6g	9g
- saturated (g)	27.6g	4.6g
Carbohydrate (g)	77.9g	13g
- sugars (g)	9.2g	1.5g
Sodium (mg)	959mg	161mg

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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW12

1



Make the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat 1/2 the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, and 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 water is absorbed, **10 minutes**.

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

3



Make the curry sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **4-5 minutes**.
- **SPICY!** This curry paste is hot, use less if you're sensitive to heat! Reduce heat to medium-low, then add **tomato paste**, **Bengal curry paste** and **Mumbai spice blend** and cook, stirring, until fragrant, **1-2 minutes**.
- Add **coconut milk**, the **water (for the curry)**, **brown sugar** and remaining **butter** and cook until reduced, **1-2 minutes**.
- Add **fish** and **baby spinach leaves** and gently stir to break up fish.

2



Cook the fish

- Meanwhile, trim and halve **green beans**.
- Discard any liquid from **smooth dory fillet** packaging. Slice **fish** in half crossways to get 1 piece per person.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat. Season **fish** on both sides with **salt** and **pepper**.
- When oil is hot, cook **fish** in batches until just cooked through, **5-6 minutes** each side. Transfer to a paper towel-lined plate.

TIP: The fish is cooked through when it turns from translucent to white!

Custom Recipe: If you've doubled your fish, cook in batches for the best result.

4



Serve up

- Divide garlic rice between bowls.
- Top with white fish and veggie Bengali curry.
- Garnish with **roasted peanut & cashew mix**. Enjoy!

Rate your recipe

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