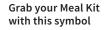


Quick White Fish & Veggie Bengali Curry with Garlic Rice & Cashews

NEW













Green Beans







Tomato Paste







Mumbai Spice



Coconut Milk



Baby Spinach



Leaves

Roasted Peanut & Cashew Mix



Pantry items

Olive Oil, Butter, Brown Sugar

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.

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

9			
	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	¾ 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	
* Doubles Home ** Custom Posing Ingradient			

^{*}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



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!



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.



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.



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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

