



Everything  
But The Chef

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## Cupid's Grilled Fish with Cucumber Raita

This is the one that didn't get away! The team at HF HQ have been up all night casting their bows to make sure we have caught you the best fish around! Paired with a crisp green salad and a beautiful creamy cucumber raita and what's not to love?!



15 mins



level 1



gluten free



seafood first



White Fish



Yoghurt



Mixed Salad



Cucumber



Lemon



Cumin



Carrot

2P	4P	Ingredients
1 tub	2 tubs	yoghurt
1/4 tsp	1/2 tsp	HelloFresh cumin
1	2	lemon, zested & juiced
1	2	cucumber, diced <span style="float: right;">A B</span>
320 g	640 g	white fish
70 g	140 g	mixed salad, washed
1	2	carrot, peeled into ribbons

May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1330	Kj
Protein	44.4	g
Fat, total	10.3	g
-saturated	4.9	g
Carbohydrate	7.3	g
-sugars	7	g

#### Measuretool

0 cm	1 cm	2 cm



**1** To make the cucumber raita, combine the **yoghurt**, **HelloFresh cumin**, **cucumber**, and half of the **lemon juice** in a bowl. Cover and set aside.



**2** Toss the **fish fillets** in the remaining lemon juice, **zest** and a good grind of **pepper**. Heat some oil in a large frying pan over a medium-high heat and grill the fish for **3 minutes** on each side, until just cooked through.

**3** Toss the **mixed salad** with the **carrot** and serve alongside the seasoned fish with the cucumber raita.

