



# GRILLED LEMON SCENTED COLEY

with Veggie Packed Golden Pilaf



## HELLO TURMERIC

Did you ever ponder how the condiment mustard gets its yellow colour? That's because turmeric is added to it as a colouring agent!



Echalot Shallot



Red Pepper



Courgette



Carrot



Basmati Rice



Vegetable Stock Powder



Ground Turmeric



Lemon



Red Chilli



Flaked Almonds



Natural Yoghurt



Coley Fillet

MEAL BAG



Hands on: **30** mins  
Total: **40** mins



**2** of your  
**5** a day



Family Box

Coley is a mild tasting white fish with a similar meaty texture to cod making it a really versatile ingredient to cook with. Seasoned with fresh lemon zest, a drizzle of olive oil, and baked until opaque in the centre, it's flaky texture works really well with the vegetable-packed turmeric rice. Serve with a cooling dollop of yoghurt and finish off with some fresh chilli for those who like the heat. This is a real dinner winner the whole family will love.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Baking Tray** some **Foil** and a **Fine Grater**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Halve, peel and finely chop the **shallot**. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Trim the **carrot** (no need to peel) then coarsely grate.



### 2 START THE PILAF

Heat a splash of **oil** in a large saucepan on medium heat. Add the **shallot**, **pepper** and **courgette** and cook, stirring, until softened, 3-4 mins. Stir in the **rice**, **stock powder** and **turmeric**.



### 3 COOK THE RICE

Pour the **water** (see ingredients for amount) into the pan and bring to the boil. Once boiling, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat. Remove the lid and quickly add the **carrot** (don't stir) then replace the lid and leave to the side for another 10 mins or until ready to serve. **TIP:** *The rice will finish cooking in its own steam.*



### 4 FLAVOUR THE FISH

Meanwhile, preheat your grill to high and line a baking tray with foil. Zest the **lemon** then chop into wedges. Halve the **chilli** lengthways, deseed and finely chop. Pop the **coley fillets** onto the prepared baking tray. Season with **salt** and **pepper** and sprinkle over the **lemon zest**. Drizzle with **oil** then rub the flavourings all over the **fish**. **IMPORTANT:** *Remember to wash your hands and equipment after handling raw fish.*



### 5 GRILL THE FISH

Have a clear down then pop the **coley** under the grill and cook for 6-8 mins. **IMPORTANT:** *The fish is cooked when opaque in the centre.*



### 6 SERVE

Fluff up the **rice** with a fork and season to taste with **salt**, **pepper** and a squeeze of **lemon juice**. Stir through the **flaked almonds**. Serve on plates topped with the **grilled coley**, a dollop of **yoghurt** and a sprinkling of **chilli** for those who want some kick. Serve any remaining **lemon wedges** on the side for squeezing over. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot	1	2	2
Red Pepper *	1	2	2
Courgette *	1	1	2
Carrot *	1	1	2
Basmati Rice	150g	225g	300g
Vegetable Stock Powder (10)	½ sachet	¾ sachet	1 sachet
Ground Turmeric	½ pot	¾ pot	1 pot
Water*	300ml	450ml	600ml
Lemon *	½	¾	1
Red Chilli *	½	½	½
Coley Fillet 4) *	2	3	4
Flaked Almonds 2)	1 bag	1 bag	2 bags
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 549G	PER 100G
Energy (kcal)	530	97
(kJ)	2215	404
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	78	14
Sugars (g)	18	3
Protein (g)	35	6
Salt (g)	0.78	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 4) Fish 7) Milk 10) Celery

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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