



CREAMY FISH CURRY

with Rice and Toasted Coconut



HELLO COCONUT

Coconut palms are described in Sanskrit as 'the tree which gives all that is necessary for living'.



Onion



Garlic Clove



Red Pepper



Coriander



Desiccated Coconut



Cardamom Pods



Basmati Rice



North Indian Style Curry Powder



Finely Chopped Tomatoes



Vegetable Stock Powder



Crème Fraîche



Luxury Fish Pie Mix

MEAL BAG

35 mins

2 of your 5 a day

Medium heat

This curry doesn't bite! Its north Indian spice is tempered by a creamy sauce which goes perfectly with tender fish and flavoursome veggies. Golden toasted coconut emphasises the sweet notes and it's all served with fragrant basmati rice. Nothing to be afraid of!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan** (with a **Lid**), **Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Halve, the **red pepper** and discard the core and seeds then chop into small pieces. Roughly chop the **coriander** (stalks and all).



2 TOAST THE COCONUT

Put a frying pan on medium heat and add the **desiccated coconut** (no oil). Toast until golden, shaking the pan frequently, 2-3 mins. Then transfer to a bowl. **★ TIP:** Watch it like hawk... you don't want to burn it! Don't wash the pan, we'll use it again.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **cardamom pods**, a pinch of **salt** and the **basmati rice**, 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 (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 START THE CURRY

Meanwhile, pop the frying pan back on medium heat. Add a drizzle of **oil** and the **onion**. Cook until softened, stirring frequently, 5 mins. Then add the **pepper**. Season with a pinch of **salt** and **pepper**. Cook, stirring frequently until the **pepper** is soft, 5 mins more. Add the **garlic** and **curry powder** (Don't don't add all the spice if you don't like it too hot). Stir and cook for another minute.



5 POACH THE FISH

Pour in Add the **chopped tomatoes**, the **water** (see ingredients for amount), and **stock powder**. Stir and bring to a gentle simmer. Cook, stirring frequently for 7 mins, then add the **crème fraîche**. Carefully add the **fish pie mix** and submerge in the **sauce**. Reduce the heat to medium-low, cover with a lid and leave the **fish** to poach, 7 mins. **! IMPORTANT:** The fish is cooked when the centre is opaque. Don't stir or you will break up the fish!



6 FINISH AND SERVE

Remove the **cardamom pods** from the **rice** (they should be sitting on top) and fluff it up with a fork. Stir **half** the **desiccated coconut** through the **rice**. Serve the **rice** in bowls with a good spoonful of **fish curry** on top and a scattering of **toasted coconut** and **coriander leaves** to finish. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	1
Garlic Clove *	1	1	1
Red Pepper *	½	¾	1
Coriander *	1 bunch	1 bunch	1 bunch
Desiccated Coconut	½ pot	¾ pot	1 pot
Cardamom Pods	2	4	4
Basmati Rice	150g	225g	300g
North Indian Style Curry Powder	½ small pot	¾ small pot	1 small pot
Finely Chopped Tomatoes	½ carton	¾ carton	1 carton
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	½ pouch	¾ pouch	1 pouch
Luxury Fish Pie Mix 4) 5) *	250g	375g	500g
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	50ml	75ml	100ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 447G	PER 100G
Energy (kJ/kcal)	2515 / 601	562 / 134
Fat (g)	22	5
Sat. Fat (g)	13	3
Carbohydrate (g)	77	17
Sugars (g)	12	3
Protein (g)	29	7
Salt (g)	0.93	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

📷 🐦 📘 📌 #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

HelloFRESH