



# Yellow Cod Thai Curry

with Coriander & Lime Rice

**EXTRA RAPID** 10 Minutes • 1 of your 5 a day

Nº 12



Yellow Curry Paste



Coconut Milk



Soy Sauce



Cod Fillet



Bok Choy



Sugar Snap Peas



Coriander



Lime



Pure Basmati  
Rice Steamed



Salted Peanuts

## Before you start

Our fruit and veggies need a little wash before you use them!

### Basic cooking tools, you will need:

Medium Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Yellow Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Soy Sauce <b>11</b> <b>13</b>	½ sachet	¾ sachet	1 sachet
Water for Curry*	100ml	150ml	200ml
Cod Fillet <b>4</b> **	2	3	4
Bok Choy**	1	2	2
Sugar Snap Peas**	1 small pack	1 small pack	1 large pack
Coriander**	½ bunch	¾ bunch	1 bunch
Lime**	½	¾	1
Pure Basmati Rice Steamed	1 pouch	1½ pouches	2 pouches
Salted Peanuts <b>1</b>	1 small bag	1 large bag	1 large bag

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	570g	100g
Energy (kJ/kcal)	2496 /597	438 /105
Fat (g)	31	5
Sat. Fat (g)	18	3
Carbohydrate (g)	49	9
Sugars (g)	5	1
Protein (g)	33	6
Salt (g)	2.56	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**1)** Peanut **4)** Fish **11)** Soya **13)** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Start the Curry

**a)** Heat a splash of **oil** in a medium saucepan over a medium high heat.

**b)** When hot, add the **curry paste** and cook stirring frequently until fragrant, one minute.

**c)** Next add the **coconut milk** and **soy sauce** (see ingredients for amount).

**d)** Add the **water** (see ingredients for amount) and bring to the boil.

**e)** Pop the **cod** into the **sauce**, making sure it is fully submerged and cook with the lid on, until the **fish** is cooked, 5-6 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*

## 2. Add the Veggies

**a)** Trim the **bok choy** then thinly slice widthways.

**b)** Cut the **sugar snap peas** into thirds.

**c)** Add the **bok choy** and **sugar snap peas** to the curry and cook until tender, 3 more mins.

## 3. Time to Serve

**a)** Roughly chop the **coriander** (stalks and all). Halve the **lime**.

**b)** Cook the **rice** according to pack instructions.

**c)** Taste the **curry** and squeeze in the **lime juice**.

**d)** Share the **rice** between your plates.

**e)** Top with the **cod curry** and sprinkle over the **peanuts** and **coriander**.

## Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** *You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.*