



More than Food

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## Creamy Coconut Fish Curry

with Yukon Potatoes, Sweet Peas, and Cilantro

Inspired by the coastal Malabar region of India, this pungent yellow curry is mellowed by velvety coconut milk. Cooking the potatoes in the coconut broth helps thicken the sauce, while infusing the potatoes with intense flavor.



Catfish



Jalapeño



Cilantro



Coriander, ground



Lite Coconut Milk



Red Onion



Curry Powder



Russet Potatoes



Peas



Jasmine Rice

## Ingredients

	2 People	4 People	
Catfish	1)	12 oz	24 oz
Jalapeño 	1	1	2
Cilantro	¼ oz	½ oz	½ oz
Coriander, ground	1 t	1	2 t
Lite Coconut Milk	1 can	1	2 cans
Red Onion	1	1	2
Curry Powder	1 T	1	2 T
Russet Potatoes	12 oz	12	24 oz
Peas	4 oz	4	8 oz
Jasmine Rice	½ C	½	1 C
Oil*	2 t	2	4 t

\*Not Included

## Allergens

1) Fish

## Tools

Small Pot, Large Pan

Ruler

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**Nutrition per person** Calories: 741 cal | Carbs: 89 g | Fat: 25 g | Protein: 41 g | Fiber: 9 g | Sodium: 257 mg

Make sure to wash and dry produce before prepping or cooking!



**1 Cook the rice:** In a small pot, bring **1 cup water** to a boil with a large pinch of **salt**. Once boiling, add the **rice**, cover, and reduce to a low simmer for 15-20 minutes, until tender. Keep covered off the heat until the rest of the meal is ready.



**2 Prep the ingredients:** Halve, peel, and thinly slice the **onion**. Dice the **potatoes** into ½-inch cubes. Finely chop the **cilantro**, reserving a few leaves for garnish. Mince the **jalapeño**, removing the ribs and seeds if you prefer less heat.

**TIP:** Be sure to wash your hands and surfaces after handling the **jalapeño**; the heat is transferable and can burn more than just your throat!



**3** Heat **2 teaspoons oil** in a large pan over medium-high heat. Add the **onion, coriander, jalapeño**, and **curry powder** (to taste, start with **1 teaspoon** and add incrementally). Cook, tossing, for 3-4 minutes, until softened. Season with **salt** and **pepper**.



**4 Cook the potatoes:** Add the **potatoes** to the pan along with the **coconut milk** and enough water to cover the potatoes by 1 inch. Bring to a boil, then reduce to a simmer and cook for 12-15 minutes, until the potatoes are fork-tender.

**5** Cut the **catfish** into 1-2 inch pieces. When the **potatoes** are tender, add the **peas, chopped cilantro**, and **catfish** to the broth. Cook for 2-3 minutes, until the fish is just opaque. Taste and season with **salt** and **pepper**.

**6** Fluff the **rice** with a fork. Ladle the **fish curry** into bowls, then top with a scoop of **rice** and the **reserved cilantro**. Enjoy!