



COBIA WITH THAI-STYLE COCONUT CURRY

plus Bell Pepper, Onion & Cilantro-Lime Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
White Rice



1 | 2
Bell Pepper*



1 | 2
Onion



1 | 2
Lime



¼ oz | ½ oz
Cilantro



10 oz | 20 oz
Cobia
Contains: Fish



1 TBSP | 1 TBSP
Curry Powder



1 | 2
Coconut Milk
Contains: Tree Nuts



2 | 4
Veggie Stock
Concentrates



1 oz | 2 oz
Sweet Thai
Chili Sauce



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*The ingredient you received may be a different color.

HELLO

COCONUT MILK

Its subtly sweet, nutty flavor and creamy texture make for ultrarich sauces.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 790



SHAKE IT UP

Refrigeration may have caused the cream on top of your coconut milk to solidify. Shake vigorously to help it come back together before opening and adding to the pan in Step 5.

BUST OUT

- Small pot
 - Baking sheet
 - Zester
 - Large pan
 - Paper towels
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- In a small pot, combine **rice**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to use in Step 6.



4 START CURRY

- Meanwhile, heat a **large drizzle of oil** in a large pan over medium-high heat. Add **bell pepper**, **onion**, and a **big pinch of salt**. Cook, stirring occasionally, until softened, 4-5 minutes.
- Stir in **1 tsp curry powder (2 tsp for 4 servings)**; cook, stirring, until fragrant, 30 seconds.



2 PREP

- While rice cooks, **wash and dry produce**.
- Halve, core, and thinly slice **bell pepper** into strips. Halve, peel, and thinly slice **onion**. Zest and quarter **lime**. Mince **cilantro**.



5 FINISH CURRY

- Thoroughly shake **coconut milk** in container before opening.
- To pan with **veggies**, stir in coconut milk, **stock concentrates**, **chili sauce**, **½ cup water (¾ cup for 4 servings)**, and **juice from half the lime**.
- Bring to a boil, then reduce to a low simmer. Cook, stirring, until curry has reduced by about half and veggies are tender, 2-4 minutes.
- Taste and season with **salt**; stir in more lime juice if desired.



3 ROAST COBIA

- Pat **cobia*** dry with paper towels; season all over with **½ tsp curry powder (1 tsp for 4 servings)**, **salt**, and **pepper (you'll use more curry powder in Step 4)**.
- Place cobia on a **lightly oiled** baking sheet. **TIP: Line the sheet with foil before oiling for easy cleanup.**
- Roast on top rack until cobia is cooked through and flakes easily with a fork, 8-10 minutes.



6 FINISH & SERVE

- Fluff **rice** with a fork; stir in **half the cilantro**, **1 TBSP butter (2 TBSP for 4 servings)**, and a **pinch of lime zest**. Season with **salt** and **pepper**.
- Divide rice and **veggie curry** between shallow bowls in separate sections, leaving some curry sauce in the pan. **TIP: Tongs or a slotted spoon work great here!**
- Place **cobia** atop veggie curry and spoon **remaining curry sauce** over top. Garnish with remaining cilantro and serve with any **remaining lime wedges** on the side.

*Cobia is fully cooked when internal temperature reaches 145°.