



COCONUTTY FISH CURRY

with Jasmine Rice and Green Beans



HELLO JASMINE RICE

Jasmine rice is a long grain rice native to Thailand with a delicate floral and buttery scent.



Fragrant Jasmine Rice



Red Onion



Green Beans



Tilapia Fillet



Mild Curry Powder



Vegetable Stock Powder



Crème Fraîche



Desiccated Coconut

MEAL BAG

Hands on: **15 mins**
Total: **30 mins**

Family Box

2 of your
5 a day

Little heat

12

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, two **Large Saucepans (with Lids)** and a **Frying Pan**. Now, let's get cooking!



1 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, a pinch of **salt** and lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



2 PREP TIME

Halve, peel and thinly slice the **red onion**. Trim the **green beans** then chop into thirds. Chop the **tilapia** into roughly 3cm chunks.



3 START THE CURRY

While the rice cooks, heat a splash of **oil** in another large saucepan over medium heat. When hot, add the **red onion**, stir and gently fry until softened stirring occasionally, 5 mins. Add the **curry powder** and mix thoroughly. Cook for 1 minute then pour in the **water** (see ingredients for amount). Bring to the boil and stir in the **stock powder**.



4 SIMMER THE CURRY

Lower the heat on the **curry** and add the chunks of **tilapia**. Make sure they are at least partially submerged in the **sauce**. Cover the pan with a lid and simmer gently until the **fish** is cooked through, 5-7 mins. **★ TIP:** *Do not stir the fish whilst it cooks, it's very fragile!* When the **fish** is almost cooked, carefully stir in the **crème fraîche** and heat until everything is piping hot, another 2 mins. Season to taste with **salt** and **pepper**. **❗ IMPORTANT:** *The fish is cooked when the centre is opaque.*



5 TOAST YOUR NUTS

While the fish cooks, heat a frying pan over medium heat (no oil). Add the **desiccated coconut** and toast until golden, 1-2 mins. Turn or toss frequently to make sure it doesn't burn. Transfer to a bowl then return the pan to medium-high heat with a splash of **oil**. When hot, add the **green beans** and stir-fry until tender, 4-5 mins. Add a splash of water every now and then to help the **beans** steam. Season with **salt** and **pepper** and get ready to serve.



6 SERVE

Fluff the **rice** up with a fork and share between your bowls. Spoon the **fish curry** over and top with the **green beans**. Finish with a sprinkling of **toasted coconut**. **Tuck in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Fragrant Jasmine Rice	150g	225g	300g
Red Onion	½	1	1
Green Beans	¾ small pack	1 small pack	1 large pack
Tilapia Fillet 4)	2	3	4
Mild Curry Powder	½ large pot	¾ large pot	1 large pot
Water for the Sauce*	125ml	175ml	250ml
Vegetable Stock Powder (10)	½ sachet	1 sachet	1 sachet
Crème Fraîche 7)	1 small pouch	¾ large pouch	1 large pouch
Desiccated Coconut	½ sachet	¾ sachet	1 sachet

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 550G	PER 100G
Energy (kcal)	575	105
(kJ)	2406	437
Fat (g)	20	4
Sat. Fat (g)	11	2
Carbohydrate (g)	67	12
Sugars (g)	6	1
Protein (g)	34	6
Salt (g)	0.66	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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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