



GOAN FISH CURRY

with Easy Cook Basmati Rice



HELLO TILAPIA

Ancient Egyptians bred Nile tilapia and even designed a hieroglyphic to represent them.



Red Onion



Vine Tomato



Tilapia Fillet



Goan Curry paste



Coconut Milk



curry garnish



Basmati Rice



Spinach



Lime

MEAL BAG

20 mins

2.5 of your 5 a day

Medium Heat

Enjoy Within 4 days

Rapid

When a dish this delicious is on the table in twenty minutes, you know you've struck gold. At HelloFresh, we believe that having a busy schedule should never stand in the way of cooking and enjoying great food. Bursting with fresh flavours and good-for-you ingredients, our fragrant fish curry is about to become your favourite quick-fix recipe. Time might be your enemy, but this dish is your knight in shining armour!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**. Now, let's get cooking!



1 PREP THE VEGGIES

- Halve, peel and thinly slice the **red onion** into half moons.
- Roughly chop the vine **tomato** (don't worry too much about the size).
- Chop the **tilapia** into 3cm chunks.



2 COOK THE VEGGIES

- Heat a splash of **oil** in a large saucepan over medium high-heat.
- Add the **onion, tomato** and **Goan paste**.
- Stir for 2-3 mins to soften the **onion** and **tomatoes**.



3 START THE CURRY

- Add the **coconut milk** and **coconut** paste to the pan and mix.
- Add the **curry garnish** stir and carefully stir in the **fish** to submerge it in the **sauce** (be gentle - you don't want it to break up!).
- Reduce the heat and simmer for 5-7 mins until the tilapia is cooked through. Taste the **sauce** and add **salt** and **black pepper**.



4 HEAT THE RICE

- Stir fry the **rice** for 3 mins in a dry frying pan on medium-high heat (or squeeze pouch, tear strip and microwave at 800W for 2 mins).



5 WILT THE SPINACH

- Stir in the **baby spinach** and simmer for 1 minute to wilt the **spinach**.



6 SERVE

- Share the **rice** between your bowls and spoon the **curry** alongside.
- Add a squeeze of **lime** to taste. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Onion, sliced	1
Vine Tomato, chopped	2
Tilapia Fillet, chopped	2
Goan Curry Paste	1 tbsp
Coconut Milk	200ml
Curry garnish	1 tbsp
Basmati Rice, easy cook	250g
Baby Spinach	1 small bag
Lime	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	561	98
(kJ)	2343	410
Fat (g)	27	5
Sat. Fat (g)	19	3
Carbohydrate (g)	43	7
Sugars (g)	13	2
Protein (g)	34	6
Salt (g)	1.88	0.33

ALLERGENS

4)Fish

Goan Curry Paste: Water, Sunflower Oil, Garlic, Tomato Puree, Salt, Sugar, Dried Onion, Ginger, Chilli, Acetic Acid, Spices (Cumin, Clove, Cinnamon, Black Pepper), Paprika, Nutmeg, Coriander, Turmeric, Colour: E160c
Curry garnish : Mustard Seeds (Yellow, Brown), Onion Powder, Garlic Powder, Ground Star Anise, Ground Turmeric, Crushed Chilli, Sunflower Oil

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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