



GRILLED LEMON SCENTED COLEY

with Veggie Packed Golden Pilaf



HELLO TURMERIC

Did you ever ponder how the condiment mustard gets its yellow colour? That's because turmeric is added to it as a colouring agent!



Echalion Shallot



Red Pepper



Courgette



Carrot



Basmati Rice



Vegetable Stock Powder



Ground Turmeric



Lemon



Red Chilli



Flaked Almonds



Natural Yoghurt



Coley Fillet

MEAL BAG



Hands on: **30** mins
Total: **40** mins



2 of your
5 a day



Family Box

Coley is a mild tasting white fish with a similar meaty texture to cod making it a really versatile ingredient to cook with. Seasoned with fresh lemon zest, a drizzle of olive oil, and baked until opaque in the centre, it's flaky texture works really well with the vegetable-packed turmeric rice. Serve with a cooling dollop of yoghurt and finish off with some fresh chilli for those who like the heat. This is a real dinner winner the whole family will love.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Coarse Grater**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Baking Tray** some **Foil** and a **Fine Grater**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and finely chop the **shallot**. Halve the **pepper** and discard the core and seeds. Chop into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Trim the **carrot** (no need to peel) then coarsely grate.



2 START THE PILAF

Heat a splash of **oil** in a large saucepan on medium heat. Add the **shallot**, **pepper** and **courgette** and cook, stirring, until softened, 3-4 mins. Stir in the **rice**, **stock powder** and **turmeric**.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into the pan and bring to the boil. Once boiling, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat. Remove the lid and quickly add the **carrot** (don't stir) then replace the lid and leave to the side for another 10 mins or until ready to serve. **★ TIP:** *The rice will finish cooking in its own steam.*



4 FLAVOUR THE FISH

Meanwhile, preheat your grill to high and line a baking tray with foil. Zest the **lemon** then chop into wedges. Halve the **chilli** lengthways, deseed and finely chop. Pop the **coley fillets** onto the prepared baking tray. Season with **salt** and **pepper** and sprinkle over the **lemon zest**. Drizzle with **oil** then rub the flavourings all over the **fish**. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw fish.*



5 GRILL THE FISH

Have a clear down then pop the **coley** under the grill and cook for 6-8 mins. **❗ IMPORTANT:** *The fish is cooked when opaque in the centre.*



6 SERVE

Fluff up the **rice** with a fork and season to taste with **salt**, **pepper** and a squeeze of **lemon juice**. Stir through the **flaked almonds**. Serve on plates topped with the **grilled coley**, a dollop of **yoghurt** and a sprinkling of **chilli** for those who want some kick. Serve any remaining **lemon wedges** on the side for squeezing over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot	1	2	2
Red Pepper *	1	2	2
Courgette *	1	1	2
Carrot *	1	1	2
Basmati Rice	150g	225g	300g
Vegetable Stock Powder (10)	½ sachet	¾ sachet	1 sachet
Ground Turmeric	½ pot	¾ pot	1 pot
Water*	300ml	450ml	600ml
Lemon *	½	¾	1
Red Chilli *	½	½	½
Coley Fillet 4) *	2	3	4
Flaked Almonds 2)	1 bag	1 bag	2 bags
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 549G	PER 100G
Energy (kcal)	530	97
(kJ)	2215	404
Fat (g)	9	2
Sat. Fat (g)	1	1
Carbohydrate (g)	78	14
Sugars (g)	18	3
Protein (g)	35	6
Salt (g)	0.78	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

YOU CAN RECYCLE ME!