



# Pan-Seared Fish & North Indian Coconut Sauce

with Garlic-Soy Veggies & Basmati Rice

Grab your Meal Kit with this symbol



Basmati Rice



Garlic



Carrot



Asian Greens



Coriander



White Fish Fillets



Mild North Indian Spice Blend



Coconut Milk



Vegetable Stock Powder

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Eat me first

Our rich North Indian-spiced coconut sauce is a stellar way to bring fish to your dinner table. It's full of aromatic flavours and ready in less than 30 minutes. To make the perfect rice, avoid the temptation to lift the lid before it's ready – it cooks in its own steam!

## Pantry items

Olive Oil, Soy Sauce, Rice Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 packet	2 packets
garlic	2 cloves	4 cloves
carrot	2	4
Asian greens	1 packet	1 packet
coriander	1 bunch	1 bunch
soy sauce*	2 tsp	4 tsp
rice wine vinegar*	1 tsp	2 tsp
white fish fillets	1 packet	1 packet
mild North Indian spice blend	1 sachet	1 sachet
coconut milk	1 tin (165ml)	1 tin (400ml)
vegetable stock powder	1 sachet	1 sachet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2880kJ (689Cal)	544kJ (130Cal)
Protein (g)	39.6g	7.5g
Fat, total (g)	21.9g	4.1g
- saturated (g)	13.3g	2.5g
Carbohydrate (g)	70.7g	13.3g
- sugars (g)	10.0g	1.9g
Sodium (mg)	1710mg	323mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the rice

In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** *The rice will finish cooking in its own steam so don't peek!*



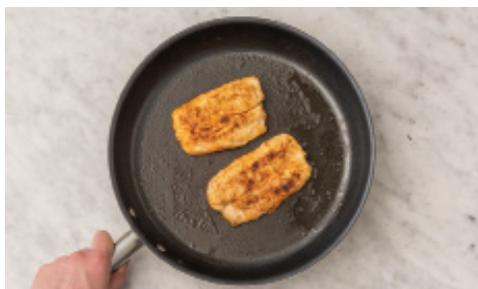
## 2. Get prepped

While the rice is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Roughly chop the **coriander**.



## 3. Cook the veggies

Heat a large frying pan over medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until just tender, **4-5 minutes**. Add the **Asian greens** and **garlic** and cook until softened, **1-2 minutes**. Add the **soy sauce** and **rice wine vinegar** and toss to combine. Transfer to a bowl and cover to keep warm.



## 4. Cook the fish

Return the frying pan to a medium-high heat with a **generous drizzle of olive oil**. When the oil is hot, add the **white fish fillets** and cook until golden and just cooked through, **2-3 minutes** on each side (depending on thickness). Transfer to a plate.

**TIP:** *The fish is cooked through when it turns from translucent to white.*



## 5. Make the coconut sauce

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the **mild North Indian spice blend** and cook until fragrant, **1 minute**. Add the **coconut milk** and **vegetable stock powder**. Stir to combine and simmer until slightly thickened, **1-2 minutes**. Add any **fish resting juices** to the sauce and stir to combine.



## 6. Serve up

Divide the basmati rice between bowls. Top with the garlic-soy veggies and fish. Spoon over the North Indian coconut sauce. Garnish with the coriander.

**Enjoy!**