



Southeast Asian Fish Curry

with Basmati Rice & Coriander

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Broccoli



Ginger



Garlic



White Fish Fillets



Coconut Cream



Southeast Asian Spice Blend



Makrut Lime Leaves



Baby Spinach Leaves



Coriander

Hands-on: 20 mins
 Ready in: 30 mins

Eat me first

For tonight's curry, we're using delicate Southeast Asian spices, rich coconut cream and makrut lime leaves to create an aromatic base, then letting tender fish simmer in it and soak up all the flavour. "Heavenly" is one way to describe the results!

Pantry items

Olive Oil, Brown Sugar (or Honey), Soy Sauce

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 too.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
water* (for the rice)	3 cups
basmati rice	2 packets
carrot	2
broccoli	1 head
ginger	1 knob
garlic	3 cloves
white fish fillets	1 packet
coconut cream	1 tin (400ml)
Southeast Asian spice blend	1 sachet
water* (for the sauce)	¼ cup
brown sugar* (or honey)	1 tbs
soy sauce*	¼ cup
makrut lime leaves	2 leaves
baby spinach leaves	1 bag (60g)
coriander	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3290kJ (787Cal)	673kJ (161Cal)
Protein (g)	42.5g	8.7g
Fat, total (g)	34.2g	7.0g
- saturated (g)	27.6g	5.6g
Carbohydrate (g)	71.9g	14.7g
- sugars (g)	11.0g	2.2g
Sodium (g)	287mg	59mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the rice

In a medium saucepan, add the **water (for the rice)** 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. Prep the veggies

While the rice is cooking, thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Finely grate the **ginger** and **garlic** (or use a garlic press). Cut the **white fish fillets** into 2cm pieces.



3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **broccoli** and cook until just softened, **5 minutes**. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**.



4. Cook the sauce

Add the **coconut cream**, **Southeast Asian spice blend**, **water (for the sauce)**, **brown sugar** and **soy sauce** to the frying pan and stir to combine. Bring to the boil, then reduce the heat to medium. Scrunch up the **makrut lime leaves** with your hands and add to the pan along with the **fish** and **baby spinach leaves**. Stir to combine, then cover with a lid (or foil). Cook until the veggies are tender and the fish is cooked through, **5-6 minutes**. Season to taste with **salt** and **pepper**.



5. Prep the coriander

While the curry is cooking, roughly chop the **coriander**.



6. Serve up

Remove the makrut lime leaves from the sauce. Divide the basmati rice between bowls. Top with the Southeast Asian fish curry and garnish with the coriander.

Enjoy!