

Yellow Cod Thai Curry

with Coriander & Lime Rice

EXTRA RAPID 10 Minutes • 1 of your 5 a day







Yellow Curry Paste







Soy Sauce



Cod Fillet





Sugar Snap Peas

Bok Choy



Coriander



Lime



Pure Basmati Rice Steamed



Salted Peanuts

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Medium Saucepan and Measuring Jug.

Ingredients

ingi caicillo				
	2P	3P	4P	
Yellow Curry Paste	1 sachet	1½ sachets	2 sachets	
Coconut Milk	200ml	300ml	400ml	
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet	
Water for Curry*	100ml	150ml	200ml	
Cod Fillet 4)**	2	3	4	
Bok Choy**	1	2	2	
Sugar Snap Peas** 1 small pack 1 small pack 1 large pack				
Coriander**	½ bunch	¾ bunch	1 bunch	
Lime**	1/2	3/4	1	
Pure Basmati Rice Steamed	1 pouch	1½ pouches	2 pouches	
Salted Peanuts 1)	1 small bag	1 large bag	1 large bag	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	570g	100g
Energy (kJ/kcal)	2496 /597	438/105
Fat (g)	31	5
Sat. Fat (g)	18	3
Carbohydrate (g)	49	9
Sugars (g)	5	1
Protein (g)	33	6
Salt (g)	2.56	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

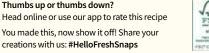
1) Peanut 4) Fish 11) Soya 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

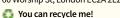
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Packed in the UK

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1. Start the Curry

- a) Heat a splash of oil in a medium saucepan over a medium high heat.
- b) When hot, add the curry paste and cook stirring frequently until fragrant, one minute.
- c) Next add the coconut milk and soy sauce (see ingredients for amount).
- d) Add the water (see ingredients for amount) and bring to the boil.
- e) Pop the cod into the sauce, making sure it is fully submerged and cook with the lid on, until the **fish** is cooked, 5-6 mins. *IMPORTANT:* The fish is cooked when opaque in the middle.

2. Add the Veggies

- a) Trim the bok choy then thinly slice widthways.
- b) Cut the sugar snap peas into thirds.
- c) Add the bok choy and sugar snap peas to the curry and cook until tender, 3 more mins.

3. Time to Serve

- a) Roughly chop the coriander (stalks and all). Halve the lime.
- **b)** Cook the **rice** according to pack instructions.
- c) Taste the curry and squeeze in the lime juice.
- d) Share the rice between your plates.
- e) Top with the cod curry and sprinkle over the peanuts and coriander.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.