



22

Yellow Cod Thai-Style Curry

With Coriander & Lime Rice

Extra Rapid 10 Minutes • 1 of your 5 a day



Yellow Curry Paste



Coconut Milk



Soy Sauce



Cod Fillets



Bok Choy



Mangetout



Coriander



Lime

Pure Basmati
Rice Steamed

Salted Peanuts

Before you start

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

Cooking tools, you will need:

Saucepans, Chopping Board, and Sharp Knife.

Ingredients.

	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 Fillets 4)**	2	3	4
Bok Choy**	1	2	2
Mangotout**	1 small pack	1 small pack	1 large pack
Coriander**	½ bunch	¾ bunch	1 bunch
Lime**	½	¾	1
Pure Basmati Rice Steamed	1 pouch	1½ pouches	2 pouches
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2475 /592	442 /106
Fat (g)	32	6
Sat. Fat (g)	18	3
Carbohydrate (g)	51	9
Sugars (g)	6	1
Protein (g)	29	5
Salt (g)	1.93	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Curry Up!

- Heat a splash of oil in a medium saucepan over a medium-high heat.
- When hot, add the curry paste and cook stirring frequently until fragrant, 1 minute.
- Next, add the coconut milk and soy sauce (see ingredients for amount).
- Add the water (see ingredients for amount) and bring to the boil.
- Pat the cod with some kitchen roll to get rid of any excess moisture, then pop the cod into the sauce, making sure it's fully submerged. Cook with the lid on, until the fish is cooked, 5-6 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.

Chop Chop!

- Trim the bok choy then thinly slice widthways.
- Cut the mangotout into thirds.
- Add the bok choy and mangotout to the curry and cook until tender, 3 more mins.

Time to Serve

- Roughly chop the coriander (stalks and all).
- Halve the lime.
- Cook the rice according to pack instructions.
- Taste the curry and squeeze in the lime juice.
- Share the rice between your plates.
- 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.