



Coconut Fish Curry

with coriander and lime

Calorie Smart 30-35 mins • Eat me first

16



Hake



Onion



Garlic



Carrot



Coconut Milk



North Indian Style Spice Mix



Chopped Tomatoes



Rice



Coriander



Vegetable Stock



Lime



Dried Chilli Flakes

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, pot with lid, zester

Ingredients

	2P	4P
Hake	250 g	500 g
Onion	1 unit	2 units
Garlic	1 unit	2 units
Carrot	1 unit	2 units
Coconut Milk	½ pack	1 pack
North Indian Style Spice Mix	1 sachet	2 sachets
Chopped Tomatoes	½ pack	1 pack
Rice	150 g	300 g
Coriander	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Lime	½ unit	1 unit
Dried Chilli Flakes	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	503 g	100 g
Energy (kJ/kcal)	2359.8 kJ/ 564 kcal	469.1 kJ/ 112.1 kcal
Fat (g)	13.1 g	2.6 g
Sat. Fat (g)	7.8 g	1.6 g
Carbohydrate (g)	81 g	16.1 g
Sugars (g)	12.2 g	2.4 g
Protein (g)	32.1 g	6.4 g
Salt (g)	1.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at hellofresh.ie/about/faq



You can recycle me!



Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Fish

- Cut each **hake** fillet into 4 equal-sized pieces.
- **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- For the last 6-8 mins of cooking time, add the **fish** to the pan, continuing to cook over medium-low heat.
- Loosen the sauce with a splash of **water** if necessary.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, peel and grate the **garlic**.
- Halve, peel and finely chop the **onion**.
- Trim the **carrot**, quarter lengthways and chop into small pieces.
- Stir the **coconut milk** or shake the packet to dissolve any lumps.



Make Your Garnish

- Roughly chop the **coriander**, stalks and all.
- Zest **half** the **lime** (double for 4p). Cut into thick wedges.



Start the Curry

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, **carrot**, **garlic**, **chilli flakes** (use less if you don't like spice) and **North Indian spice mix**. Cook until softened, 4-5 mins.
- Add the **stock powder**, **half** the **coconut milk** and **half** the **chopped tomatoes** (double both for 4p).
- Simmer, covered, over medium-low heat for 12-15 mins. Season to taste with **salt** and **pepper**.



Finish and Serve

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **fish** curry.
- Garnish with **lime** zest and **coriander**.
- Serve with **lime** wedges alongside for squeezing over.

Enjoy!