

# Coconut Fish Curry

with coriander and lemon

Calorie Smart 30-35 mins • Eat me first

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Hake



Garlic



Carrot



Coconut Milk



North Indian  
Style Spice Mix



Chopped Tomatoes



Rice



Onion



Coriander



Vegetable Stock



Lime

## Before you start

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

## Cooking tools you will need

Grater, Lid, Pot, Pan with Lid

## Ingredients

	2P	4P
Hake	250 g	500 g
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
Onion	1 unit	2 units
Coriander	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Lime	½ unit	1 unit

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>503 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2382.5 kJ/ 569.4 kcal	473.7 kJ/ 113.2 kcal
Fat (g)	12.8 g	2.6 g
Sat. Fat (g)	7.8 g	1.5 g
Carbohydrate (g)	81.5 g	16.2 g
Sugars (g)	11.9 g	2.4 g
Protein (g)	32.9 g	6.5 g
Salt (g)	1.8 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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

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### Get Prepped

- Boil a pot of **salted water** for the **rice**.
- Peel and grate the **garlic**.
- Halve, peel and finely chop the **onion**.
- Trim the **carrot** and cut it into small pieces.
- Stir the **coconut milk** or shake the packet to dissolve any lumps.



### Start the Curry

- Place a large pan over medium-low heat with a drizzle of **oil**.
- Once hot, add the **onion, garlic** and **North Indian spice mix**. Fry for 2 mins.
- Add the **carrot, stock, half the coconut milk** and **half the chopped tomatoes** (double both for 4p).
- Simmer, covered, for 12-15 mins over medium-low heat. Season to taste with **salt** and **pepper**.



### Cook the Rice

- Meanwhile, add the **rice** to the boiling **water**. Cook for 12-15 mins.
- Drain in a sieve and pop back in the pan.
- Cover with a lid and leave to the side until ready to serve.



### Add the Fish

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



### Make Your Garnish

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



### Finish and Serve

- Divide the **rice** and **fish** curry between bowls.
- Garnish with **lime** zest and **coriander**.
- Serve with **lime** wedges alongside.

Enjoy!