



Coconut Fish Curry

with coriander and lime

Calorie Smart 30-35 mins • Eat me first

16



Hake



Garlic



Carrot



Coconut Milk



North Indian Style Spice Mix



Chopped Tomatoes



Rice



Onion



Coriander



Vegetable Stock



Lime



Dried Chilli Flakes

Pantry Items: Oil, Salt, Pepper, Water

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

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
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)	12.8 g	2.5 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

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



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 then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the rice will continue to cook in its own steam).



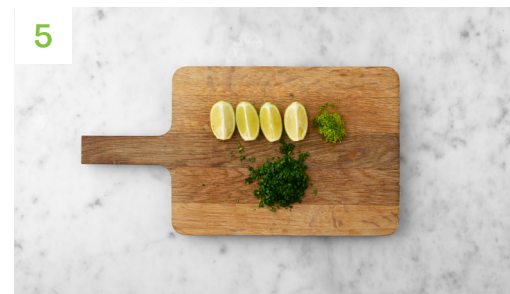
Add the Fish

- Cut the **hake** into 4 equal-sized pieces.
IMPORTANT: Wash hands and equipment after handling raw fish. 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**.



Get Prepped

- Meanwhile, 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.



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, for 12-15 mins over medium-low heat. Season to taste with **salt and pepper**.



Finish and Serve

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

Enjoy!