



BENGAL FISH CURRY

with Basmati Rice



Make a fragrant and mild fish curry



Basmati Rice



Brown Onion



Ginger



Garlic



Carrot



Baby Spinach Leaves



White Fish Fillets



Brown Mustard Seeds



Bengal Curry Paste



Coconut Cream

Hands-on: **25-35 mins**
Ready in: **30-40mins**

Eat me first

Naturally gluten-free
Not suitable for Coeliacs

Our rich Bengal curry is a stellar way to bring fish to your dinner table. It's full of aromatic flavours and ready in just 30 minutes. To make the perfect rice, avoid the temptation to lift the lid before it's ready – it cooks in its own steam!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large saucepan**



1 COOK THE RICE

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



2 GET PREPPED

While the rice is cooking, finely chop the **brown onion**. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Cut the **white fish fillets** into 2cm pieces.



3 START THE CURRY

In a large saucepan, heat the **butter** and a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **ginger, garlic** and **carrot** and cook until fragrant, **1 minute**. Add the **brown mustard seeds** and **Bengal curry paste** (see ingredients list). Cook, stirring, until fragrant, **2 minutes**.



4 ADD THE VEGGIES & FISH

Add the **coconut cream, water (for the curry)** and the **salt** to the large saucepan and stir until well combined. Simmer until thickened slightly, **3-4 minutes**. Add the **fish** and cook, stirring occasionally, until just cooked through, **3-4 minutes**.



5 STIR THROUGH THE SPINACH

Stir through the chopped **spinach** until just wilted, **1 minute**.



6 SERVE UP

Divide the basmati rice between bowls and top with the Bengal fish curry.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
brown onion	1	2
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
white fish fillets	1 packet	1 packet
butter*	20g	40g
brown mustard seeds	1 sachet	2 sachets
Bengal curry paste	¾ tub (75g)	1½ tubs (150g)
coconut cream	1 box (200ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
salt*	¼ tsp	½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (787Cal)	585kJ (140Cal)
Protein (g)	39.4g	7.0g
Fat, total (g)	30.4g	5.4g
- saturated (g)	17.9g	3.2g
Carbohydrate (g)	80.3g	14.3g
- sugars (g)	9.8g	1.7g
Sodium (g)	1540mg	273mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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