



# GREEN CURRY FISH FILLETS

with Coconut Rice & Veggies



Make your own  
coconut rice



Coconut Milk



Basmati Rice



Thai Green  
Curry Paste



White Fish  
Fillets



Broccoli



Carrot



Sweet Chilli  
Sauce



Black Sesame  
Seeds

Hands-on: 15 mins  
Ready in: 30 mins

Low calorie

Eat me first

Spicy (Thai green  
curry paste)

Spice up your fish and go a little coco-nutty with this Thai-style fish and coconut rice! It will delight all the senses.

**Pantry Staples:** Olive Oil, Soy Sauce, Rice Wine  
Vinegar (or White Wine Vinegar)

# 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**
- **medium frying pan**



## 1 COOK THE COCONUT RICE

In a medium saucepan, add the **coconut milk**, **water** and **salt** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **15 minutes**, then remove the pan from the heat and keep covered for another **10 minutes**, or until the rice is tender and the water is absorbed.



## 2 ADD FLAVOUR TO THE FISH

While the rice is cooking, combine the **Thai green curry paste** (see ingredients list) with a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** in a medium bowl. Add the **white fish fillets** and gently turn to coat. **SPICY!** You may find the curry paste hot! Feel free to add a little less, depending on your taste.



## 3 PREP THE VEG

Cut the **broccoli** into 2cm florets, then roughly chop the stalk. Slice the **carrot** (unpeeled) into 0.5cm half-moons.



## 4 MAKE THE SOY SWEET CHILLI

In a small bowl, combine the **sweet chilli sauce**, **soy sauce** and **rice wine vinegar**. Set aside.



## 5 COOK THE FISH & VEGGIES

Once the rice has **10 minutes** remaining, in a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccoli** and **carrot** and a **dash** of **water** and cook, tossing, for **5-6 minutes** or until just tender. Season with **salt** and **pepper**, transfer to a plate and cover to keep warm. Heat another **drizzle** of **olive oil** in the pan over a medium-high heat. Add the **white fish fillets** and cook for **2-3 minutes** each side or until just cooked through.

🌱 **TIP:** The fish is cooked through when it is white in the centre. 🌱 **TIP:** Cook times may vary depending on the size of the fillet.



## 6 SERVE UP

Divide the coconut rice between plates. Top with the veg and green curry fish fillets. Spoon over the soy sweet chilli sauce and garnish with the **black sesame seeds**. 🌱 **TIP:** For the low-calorie option, serve with 1/2 the coconut rice.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
coconut milk	1 tin (165 mL)	2 tins (330 mL)
water*	1 cup	2 cups
salt*	¼ tsp	½ tsp
basmati rice	1 packet	2 packets
Thai green curry paste	½ tin	1 tin
white fish fillets	1 packet	1 packet
broccoli	1 head	2 heads
carrot	1	2
sweet chilli sauce	1 tub (50 g)	2 tubs (100 g)
soy sauce*	2 tsp	1 tbs
rice wine vinegar* (or white wine vinegar)	1 tsp	2 tsp
black sesame seeds	1 sachet	2 sachets

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2120kJ (507Cal)	579kJ (138Cal)
Protein (g)	38.6g	10.5g
Fat, total (g)	12.7g	3.5g
- saturated (g)	5.6g	1.5g
Carbohydrate (g)	56.7g	15.4g
- sugars (g)	18.0g	4.9g
Sodium (g)	1500mg	410mg

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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