



More Than Food
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Happy Valentine's!



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Aphrodisiac Spiced Tilapia with a Pomegranate and Mint Pilaf

Since we like to keep things pretty PG13 around these parts, we won't get into the specifics of why pomegranate is considered to be an aphrodisiac. Suffice to say that once you've popped a few of these passion pills in your pilaff, things could take a seriously fun turn on the 14th. Turn up that Marvin Gaye album and let's get it on.

30 mins

healthy

gluten free

spicy



Onion (1)



Garlic Clove (1)



Ginger (1 tbsp)



Curry Powder (1 tbsp)



Vegetable Stock Pot (½)



Basmati Rice (1 cup)



Garam Masala (1 tsp)



Tilapia (2 fillets)



Mint (3 tbsp)




Natural Yoghurt (½ pot)



Pomegranate Seeds (1 pack)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, chopped	1	
Garlic Clove, chopped	1	
Ginger, chopped	1 tbsp	
Curry Powder	1 tbsp	Mustard
Vegetable Stock Pot	½	Celery
Basmati Rice	1 cup	
Garam Masala	1 tsp	
Tilapia	2 fillets	Fish
Mint, chopped	3 tbsp	
Natural Yoghurt	½ pot	Milk
Pomegranate Seeds	1 pack	

 Our fruit and veggies come fresh from the farm so give them a little wash before using

Did you know...

Pomegranates have been found by archaeologists in Egyptian tombs? They were eaten by Babylonian soldiers prior to battle. Ka-Pow.

Nutrition per serving: Calories: 426 kcal | Protein: 29 g | Carbs: 68 g | Fat: 4 g | Saturated Fat: 1 g

1



1 Chop the onion in half lengthways through the root then peel off the skin. Place the onion halves flat on the chopping board, then slice them very, very thinly widthways into half moons. Peel and finely chop the garlic. Peel the skin from the ginger using the edge of a spoon then very finely chop.

3



2 Heat 1 tbsp of oil in a saucepan on medium-low heat. Add in the onion, garlic and ginger and gently cook for 6 mins until soft. Do not let the mixture brown off. If it's cooking too fast, add 1 tbsp of water and turn the heat lower.

5



3 Stir the curry powder (not the garam masala) into the mixture together with 350ml (exactly!) of water. Bring the mixture to a bubble and dissolve in half the stock pot with ¼ tsp of salt.

6



4 Add the rice, turn the heat to its lowest setting and put a lid on the pan. Leave for 10 mins on the heat, then 10 mins off the heat. Don't peek under the lid until 20 mins are up or the rice won't cook properly.

5 After that, gently rub the garam masala together with a pinch of salt and pepper into each tilapia fillet. When the rice is almost finished, heat 1 tbsp of oil in a non-stick frying pan on medium-high heat.

6 Once the oil is nice and hot (it'll shimmer and move around the pan more like water) gently place the fillets into the pan away from your body (to stop getting splattered). Cook the fish for 4 mins on the skin side without touching them, then gently flip them over and cook for 1 minute on the other side.

7 Finely chop 3 tbsp of mint and stir this through the rice, then serve the fish on top with a dollop of yoghurt and the pomegranate seeds.