



CREAMY SMOKED SEAFOOD CURRY

with Rice and Courgette



HELLO CRÈME FRAÎCHE

Originating in Normandy, France, Crème Fraîche is used in both hot and cold dishes in France- due to it's richness this does not curdle when heated!



Garlic Clove



Courgette



Basmati Rice



North Indian Style Curry Powder



Finely Chopped Tomatoes



Vegetable Stock Powder



Crème Fraîche



Luxury Smoked Seafood Mix

MEAL BAG

Hands on: **10** mins
Total: **35** mins

2 of your
5 a day

Medium heat

Family Box

Quick, simple, and delicious, our smokey seafood curry is the perfect recipe for your next curry night at home. To make the sauce extra creamy, we've stirred crème fraîche through the rich tomatoey sauce for a velvety texture that takes this curry to the next level. The delicious flavours in this dish speak for themselves, so we've served it up in deep bowls of steaming basmati rice. Delicious.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Frying Pan** (with a **Lid**). Now, let's get cooking!



1 PREP THE VEGGIES

Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways. Chop widthways into small pieces.



2 COOK THE RICE

Pour the **water** for the rice (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in **half the stock powder** and the **basmati rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



3 START THE CURRY

Meanwhile, heat a drizzle of **oil** in a frying pan on medium heat. When hot, add the **courgette** and cook until starting to soften, stirring frequently, 2-3 mins. Add the **garlic** and **curry powder** (don't add all the **spice** if you don't like it too hot). Stir and cook for another minute.



4 POACH THE FISH

Add the **chopped tomatoes**, **water** for the curry (see ingredients for amount), and remaining **stock powder** to the pan. Stir and bring to a gentle simmer. Cook, stirring frequently for 7 mins, then stir in the **crème fraîche**. Carefully add the **fish mix** and submerge in the **sauce**. Reduce the heat to low, cover with a lid and leave the **fish** to poach, 7 mins. **IMPORTANT:** The fish is cooked when the centre is opaque. Don't stir or you will break up the **fish**!



5 FINISH OFF

Fluff the **rice** up with a fork and season to taste with **salt** and **pepper**. Share the **rice** between your bowls.



6 SERVE

When the **fish** is cooked through, taste and add some **salt** and **pepper** if needed. **IMPORTANT:** The fish is cooked when the centre is opaque. Spoon the **curry** alongside the **rice**. **Tuck in!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Garlic Clove *	1	1	1
Courgette *	1	1½	2
Basmati Rice	150g	225g	300g
North Indian Style Curry Powder	½ pot	1 pot	1 pot
Finely Chopped Tomatoes	½ carton	1 carton	1 carton
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Crème Fraîche 7) *	½ pouch	¾ pouch	1 pouch
Seafood Mix 4) 5) *	215g	320g	425g
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 437G	PER 100G
Energy (kJ/kcal)	2343 / 560	537 / 128
Fat (g)	17	4
Sat. Fat (g)	10	2
Carbohydrate (g)	74	17
Sugars (g)	11	3
Protein (g)	30	7
Salt (g)	1.28	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 7) Milk 10) Celery

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.

THUMBS UP OR THUMBS DOWN?

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