



# Ecuadorian Style Fish Bowl

with a Coconut Sauce



## HELLO CUMIN

After black pepper, cumin is the second most popular spice in the world!



Lime



Orange



Ground Cumin



Mild Paprika



Tilapia Fillet



Basmati Rice



Echalion Shallot



Green Pepper



Vine Tomato



Light Coconut Milk



Coriander

MEAL BAG

35 mins

5 of your 5 a day

5

## BEFORE YOU START

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



### 1 MARINATE THE FISH

Zest and juice the **lime** and **orange**. Put all the **juice** and **half** the **zest** from both in a mixing bowl along with the **ground cumin**, **mild paprika** and a pinch of **salt** and **pepper**. Mix together and set aside. Chop the **Tilapia** into bite-sized chunks and add to the bowl. Gently mix then cover and set aside in the fridge. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



### 2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** The rice will finish cooking in its own steam.



### 3 PREP TIME

Meanwhile, halve, peel and finely slice the **shallot**. Halve the **pepper**, discard the core and seeds and chop into small pieces. Roughly chop the **tomato**.



### 4 START THE SAUCE

Heat a drizzle of **oil** in a large frying pan on medium heat. Add the **shallot**, **pepper** and **tomato** along with a pinch of **salt** and cook, stirring occasionally, until softened, 4-5 mins. Stir in the **coconut milk** and **sugar** (see ingredients for amount), bring to the boil then reduce the heat and simmer until thickened slightly, 4-5 mins.



### 5 ADD THE FISH

Stir the **tilapia** and all the **marinade** into the **sauce**, return to a simmer and leave until the **fish** is cooked through, 4-5 mins. **! IMPORTANT:** The fish is cooked when opaque in the middle. Meanwhile, roughly chop the **coriander** (stalks and all).



### 6 SERVE

Fluff up the **rice** with a fork and stir through the remaining **lime** and **orange zest** and **half** the **coriander**. Season the **fish** to taste with **salt**, **pepper** or **sugar**. Serve the **rice** in bowls topped with the **fish stew** and a sprinkling of the remaining **coriander**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lime *	1	1½	2
Orange *	1	1½	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Mild Paprika	1 small pot	¾ large pot	1 large pot
Tilapia Fillet 4) *	2	3	4
Water*	300ml	425ml	600ml
Basmati Rice	150g	225g	300g
Echalion Shallot	1	1	2
Green Pepper *	1	2	2
Vine Tomato	2	3	4
Light Coconut Milk	½ tin	¾ tin	1 tin
Sugar*	1 tsp	1½ tsp	2 tsp
Coriander *	1 bunch	1 bunch	1 bunch

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING: 640G	PER 100G
Energy (kcal)	511	80
(kJ)	2136	334
Fat (g)	10	2
Sat. Fat (g)	6	1
Carbohydrate (g)	70	11
Sugars (g)	11	2
Protein (g)	34	5
Salt (g)	0.36	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish

🧼 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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