



CREAMY FISH CURRY

with Sweet Potato and Cheat's Chapatis



HELLO CORIANDER

Know a coriander hater? Around 14% of people carry a gene which makes this herb taste soapy to them!



Echalion Shallot



Coriander



Sweet Potato



Tilapia Fillet



Pasanda Spice Blend



Vegetable Stock Pot



Desiccated Coconut



Whole Wheat Soft Tortillas



Nigella Seeds



Baby Spinach



Double Cream



Lime

MEAL BAG

40 mins

2.5 of your 5 a day

Medium heat

André wanted you to enjoy this delicious creamy curry with some chapatis, but he didn't think everyone would be in the mood for making their own Indian-style flatbreads after a busy day. So, he came up with this cheat's version: whole wheat soft tortillas, warmed in a pan and flavoured with nigella seeds. They mop up the delicate sauce expertly! We think you'll be impressed!

BEFORE YOU START

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



1 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot** into half moons. Roughly chop the **coriander** (stalks and all). Chop the **sweet potato** into 1cm chunks (no need to peel!). Chop the **tilapia** into 2cm pieces.



2 START THE CURRY

Heat a splash of **oil** in a large saucepan over medium heat. Add the **shallot** and **sweet potato**. Cook for 3 mins, stirring occasionally. Add **half** the **pasanda spice blend** and cook for another 2 mins. Add the **water** (see ingredients for amount) and the **stock pot**. Stir to dissolve the **stock pot** and leave to simmer until the **sweet potato** is tender, 12-15 mins.



3 TOAST THE COCONUT

While the curry is cooking, put a frying pan on medium heat (no **oil**), add the **desiccated coconut** and toast until golden, 3 mins. Stir frequently and be careful - it burns easily. When done, transfer to a bowl and wipe the pan clean with some kitchen paper - we'll use it again in a minute. Put the **tilapia pieces** in a mixing bowl and add a pinch of **salt** and the remaining **pasanda spice blend**. Rub the flavours into the **fish**.



4 CHEAT'S CHAPATIS!

Return the now empty frying pan to high heat (no **oil**). When hot, lay in a **tortilla**. Cook until slightly scorched, 1-2 mins per side. When done, transfer to a plate, drizzle over some **oil** and sprinkle on a few **nigella seeds**. Cover with foil to keep warm while you repeat the process with the remaining **tortillas**.



5 COOK THE FISH

When the **sweet potato** is soft enough to eat, add the **baby spinach** to the curry. Stir to combine and cook until the **spinach** is wilted, 3 mins. Next, add the **double cream** and **tilapia** and gently stir together. Cover the pan with a lid (or some foil) and simmer until the **fish** is cooked through, another 5-6 mins. **★ TIP:** The fish is cooked when the centre is opaque.



6 FINISH AND SERVE

When the **fish** is cooked, add a squeeze of **lime juice** and the **coriander** to the curry. Stir gently (you don't want to break up the **fish!**), taste and add more **salt** and **lime juice** if desired. Finish with a sprinkling of the toasted **coconut** and any remaining **nigella seeds**. Serve in deep bowls and mop up the sauce with the chapatis. **Enjoy!**

2 PEOPLE INGREDIENTS

Echalion Shallot, sliced	1
Coriander, chopped	1 bunch
Sweet Potato, chopped	1 pack
Tilapia Fillet, chopped 4)	2
Pasanda Spice Blend	1½ tsp
Water*	200ml
Vegetable Stock Pot 10) 14)	½
Desiccated Coconut	25g
Whole Wheat Soft Tortillas 13)	4
Nigella Seeds	1½ tsp
Baby Spinach	1 small bag
Double Cream 7)	1 pot
Lime	1

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 642G	PER 100G
Energy (kcal)	901	166
(kJ)	3757	692
Fat (g)	51	9
Sat. Fat (g)	32	6
Carbohydrate (g)	67	12
Sugars (g)	14	3
Protein (g)	40	7
Salt (g)	2.82	0.52

ALLERGENS

4) Fish 7) Milk 10) Celery 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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