



MIMI'S FISH CURRY

with Sweetcorn and Spinach



HELLO PANKO BREADCRUMBS

These Asian style breadcrumbs are larger and flakier than normal crumbs for a crispier finish.



Echalion Shallot



Potato



Panko Breadcrumbs



Vegetable Stock Pot



Sweetcorn



Flat Leaf Parsley



Crème Fraîche



Baby Spinach



Smoked Fish Mix

MEAL BAG

40 mins

2 of your 5 a day

Our chef Mimi is a bit of a globetrotter and finds inspiration wherever she goes. This comforting dish is a delicious global fusion of the traditional Scottish favourite, Cullen Skink and a particularly memorable chowder she enjoyed on her travels across America. Smoked fish, sweetcorn and creamy potatoes gently combined in a creme fraiche and fresh parsley sauce, generously topped with the crunchiest Panko breadcrumbs.

BEFORE YOU START

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



1 PREP TIME

Halve, peel and thinly slice the **shallot**. Peel the **potato** and chop into roughly 2cm chunks.



2 TOAST THE CRUMBS

Heat a glug of **oil** in a large saucepan on medium heat. Add the **panko breadcrumbs** along with a pinch of **salt** and **pepper**. Stir and cook until the crumbs are golden, 3-4 mins.
★ **TIP:** *Keep an eye on the crumbs as they burn easily!* Once golden, transfer the **crumbs** to a bowl (you'll sprinkle them on later!) Wipe out your pan with some kitchen paper.



3 COOK THE POTATO

Add another drizzle of **oil** to your pan and pop back on medium heat. Add the **shallot** and cook until soft, 5 mins. Pour in the **water** (see ingredients for amount) and **stock pot**. Stir to dissolve the **stock pot** then add the **potato** to the pan. Bring to the boil and then simmer gently until the **potato** is cooked, 12-17 mins.
★ **TIP:** *The potatoes are cooked when you can easily slip a knife through..*



4 FINAL PREP!

Meanwhile, drain and rinse the **sweetcorn** in a sieve. Roughly chop the **parsley** (stalks and all). Add **half** the **parsley** to the pan with the **potato**.



5 POACH THE FISH

Once the **potato** is cooked, add the **crème fraîche** and **sweetcorn** to the pan along with a grind of **pepper**. Stir to combine into the **sauce**. Add the **spinach** and cook until wilted, about 3 mins. Bring back to the boil, then nestle the **smoked fish mix pieces** in to the **sauce**. Cover with a lid, turn the heat to medium-low and simmer until the **fish** is cooked, 5-6 mins.
❗ **IMPORTANT:** *The fish is cooked when opaque in the middle.*



6 FINISH AND SERVE

Season to taste with **salt** and more **pepper** if needed. Carefully spoon the **chowder** into bowls (being careful not to break up the fish too much). Sprinkle over the remaining **parsley** and the **toasted crumbs**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot	1	2	2
Potato	1 single	1 pack	1 pack
Panko Breadcrumbs 13)	20g	30g	50g
Water*	250ml	330ml	500ml
Vegetable Stock Pot 10) 14)	½	1	1
Sweetcorn	½ tin	1 tin	1 tin
Flat Leaf Parsley	½ bunch	¾ bunch	1 bunch
Crème Fraîche 7)	1 small pouch	¾ large pouch	1 large pouch
Baby Spinach	1 small bag	1 small bag	1 large bag
Smoked Fish Mix 4) 5)	1 small pack	1 medium pack	1 large pack

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 494G	PER 100G
Energy (kcal)	487	99
(kJ)	2036	412
Fat (g)	18	4
Sat. Fat (g)	8	2
Carbohydrate (g)	56	11
Sugars (g)	11	2
Protein (g)	33	7
Salt (g)	2.26	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 7) Milk 10) Celery 13) Gluten 14) Sulphites

🧼 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 between uses.

👍 THUMBS UP OR THUMBS DOWN?

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