



SRI LANKAN FISH CURRY

with Green Beans and Cardamom Rice



HELLO COCONUT

Coconut palms are described in Sanskrit as 'the tree which gives all that is necessary for living'.



Lime



Tilapia Fillet



Vegetable Stock Pot



Cardamom Pods



Basmati Rice



Onion



Garlic Clove



Green Beans



Mustard Seeds



Sri Lankan Curry Powder



Coconut Milk

MEAL BAG

30 mins

1.5 of your 5 a day

Little heat

Our chef Mimi is a bit of a globetrotter and finds inspiration wherever she goes. This delicious curry is a recreation of a particularly memorable meal she enjoyed on her travels, and is guaranteed to transport you to the palm fringed beaches of Sri Lanka. Succulent tilapia fillets marinated with zesty lime are cooked in a delicately spiced sauce to make a summery dish you'll be coming back to again and again. To lift the flavour of the rice, add cardamom pods to your pan of water before adding your rice - it's a game changer!

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 a **Lid**) and **Frying Pan** (with a **Lid**). Now, let's get cooking!



1 MARINATE THE FISH

Zest then halve the **lime**. Squeeze the juice of one **half** into a mixing bowl and set the other **half** and the zest aside for later. Cut each **tilapia fillet** into four pieces and add to the bowl with the **juice**. Season with a pinch of **salt** and a good grind of **pepper**. Set aside to marinate.



2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan with **half** the **stock pot** and the **cardamom pods**. Bring to the boil on high heat, stir to dissolve the **stock pot** and add the **rice**. Bring back to the boil and cover with a lid. Cook on medium-low heat for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **★ TIP:** *The rice will finish cooking in its own steam.*



3 PREP THE VEGGIES

Meanwhile, halve, peel and chop the **onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Trim the tops from the **green beans** and chop them into thirds.



4 FRY THE ONION

Heat a drizzle of **oil** in a frying pan on medium heat and add the **mustard seeds**. **★ TIP:** *If you leave the mustard seeds for too long on their own they'll start jumping out of the pan, so make sure you keep an eye on them!* Once they begin to pop, add the **onion** and **lime zest**. Cook on low heat until the **onion** is soft, 5 mins, then add the **Sri Lankan curry powder** and **garlic**. Cook for 1 minute more.



5 MAKE THE SAUCE

Pour the **coconut milk** and **water** (see ingredients for amount) into your pan. Add the remaining **stock pot** and the **green beans**. Stir everything together. Simmer gently for 2-3 mins.



6 FINISH AND SERVE

Carefully add the **fish** along with any **lime juice** left in the bowl. Gently submerge it in the **sauce** but be careful not to break the pieces up. Cover with a lid (or some foil) and poach the **fish** on low heat, 4-5 mins. Remove the **cardamom pods** from the **rice** and fluff it up with a fork. Serve your delicious **fish curry** atop a generous heap of **rice**. Cut the remaining **lime** into wedges and serve on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lime	1	1	2
Tilapia Fillet 4)	2	3	4
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Pot 10) 14)	1	1	2
Cardamom Pods	2	3	4
Basmati Rice	150g	225g	300g
Onion	1	1½	2
Garlic Clove	1	2	2
Green Beans	1 small pack	1 large pack	2 small packs
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Sri Lankan Curry Powder	1 pot	2 pots	2 pots
Coconut Milk	½ tin	¾ tin	1 tin
Water for the Curry*	50ml	75ml	100ml

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 497G	PER 100G
Energy (kcal)	664	134
(kJ)	2778	559
Fat (g)	22	5
Sat. Fat (g)	18	4
Carbohydrate (g)	77	15
Sugars (g)	11	2
Protein (g)	37	7
Salt (g)	2.69	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 9) Mustard 10) Celery 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 in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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