



# SPEEDY THAI FISH CURRY

with Broccoli and Brown Rice



NUTRITIONIST APPROVED

XXX

xxx



Red Onion



Broccoli



Lime



Coley Fillets



Thai Spice Blend



Turmeric



Light Coconut Milk



Vegetable Stock Powder



Steamed Brown Basmati & Quinoa

MEAL BAG

15 mins

... of your  
5 a day

Medium heat

GET **PREPARED!**

Get out your **Utensils.**

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# BEFORE YOU START

- 🔪 Get out your **Utensils**.
- 🧼 Wash the veggies.
- 🍴 Make sure you've got a **Fine Grater**, **Large Saucepan** (with a **Lid**) and **Measuring Jug**. Let's start cooking the **Speedy Thai Fish Curry with Broccoli and Brown Rice**.



## 1 PREP TIME

- Halve, peel and thinly slice the **red onion**.
- Chop the **broccoli** into florets (little trees).
- Zest, then halve the **lime**.
- Chop the **coley** into 2cm chunks.
  - ❗ **IMPORTANT:** Remember to wash your hands and equipment after handling raw fish.



## 2 START THE CURRY

- Heat a splash of **oil** in a large saucepan over medium-high heat.
- Add the **onion** and **broccoli**. Stir and cook stirring frequently until the **onion** has softened, 3-4 mins.



## 3 SPICE IT UP!

- Add the **Thai spice blend** (be careful it's hot! add less if you're not a fan of heat) and **turmeric**.
- Stir and cook for 1 minute then pour in the **coconut milk**.
- Stir in the **stock powder** and the **water** (see ingredients for amount). Bring to the boil.



## 4 ADD THE FISH

- Once boiling, add the **coley** to the pan and immediately lower the heat.
- Pop on a lid (or cover with foil) and simmer until the **broccoli** is tender and the **fish** cooked through, 4-5 mins.
  - ❗ **IMPORTANT:** The fish is cooked when opaque in the centre.



## 5 COOK THE RICE

- While the fish is gently poaching, cook the **rice** according to pack instructions.
- When piping hot, share the **rice** between your bowls and sprinkle a little **lime zest** on each portion.



## 6 FINISH AND SERVE

- When the **fish** is cooked, remove from the heat and carefully stir in a good squeeze of **lime juice** and the remaining **zest**.
- Season to taste with **salt** and **pepper**. Spoon on top of your **rice**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Broccoli *	1	1½	2
Lime *	½	1	1
Coley Fillets 4) *	2	3	4
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Turmeric	1 small pot	1½ small pots	2 small pots
Light Coconut Milk	½ tin	¾ tin	1 tin
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Water*	100ml	150ml	200ml
Steamed Brown Basmati & Quinoa	1 pack	1½ packs	2 packs

\*Not Included  
\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 481G	PER 100G
Energy (kJ/kcal)	1360 / 325	283 / 68
Fat (g)	11	2
Sat. Fat (g)	6	1
Carbohydrate (g)	42	9
Sugars (g)	9	2
Protein (g)	11	2
Salt (g)	0.84	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

3) Sesame 4) Fish 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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HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

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