

SPEEDY THAI FISH CURRY

with Broccoli and Brown Rice





NUTRITIONIST APPROVED





Red Onion

Brocco





Lime

Coley Fillets





Thai Spice Blend

Turmeric





Light Coconut Milk

Vegetable Stock Powder



Steamed Brown Basmati & Quinoa



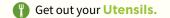






Medium heat





Get out your Utensils. Swash 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.



PREP TIME

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



2 START THE CURRY

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



- hot! add less if you're not a fan of heat)
- (see ingredients for amount). Bring to the boil.





4 ADD THE FISH

- a) Once boiling, add the coley to the pan and immediately lower the heat.
- b) Pop on a lid (or cover with foil) and simmer until the broccoli is tender and the fish cooked through, 4-5 mins. (1) IMPORTANT: The fish is cooked when opaque in the centre.



5 COOK THE RICE

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

6 FINISH AND SERVE

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

Enjoy!

INGREDIENTS

	2P	3P	4P
Red Onion *	1	1	2
Broccoli *	1	1½	2
Lime *	1/2	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 JNCOOKED 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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