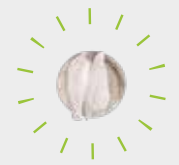




SRI LANKAN FISH CURRY

with Yellow Rice and Tomato Salsa



HELLO TILAPIA

Ancient Egyptians bred Nile tilapia and even designed a hieroglyphic to represent them.



Red Onion



Lime



Vegetable Stock Pot



Turmeric



Basmati Rice



Sri Lankan Curry Powder



Coconut Milk



Vine Tomato



Ground Coriander



Tilapia Fillet



Baby Spinach

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 are cooked in a delicately spiced sauce to make a summery dish you'll be coming back to again and again. And to bring out the flavours, Mimi's served her curry alongside a fresh and zesty tomato salsa. Trust us, it's a game changer.

MEAL BAG

30 mins

Medium heat

5 of your a day

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Measuring Jug** and two **Large Saucepans (with Lids)**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion**. Zest the **lime** then chop in half.



2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in **half the stock pot**, **half the turmeric** and the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** *The rice will finish cooking in its own steam.*



3 START THE CURRY

Heat a splash of **oil** in another large saucepan over medium-high heat. Cook the **onion** until softened, 5 mins. Add the **Sri Lankan curry powder** and remaining **turmeric**. Cook for 1 minute more. Stir in the **coconut milk** and remaining **stock pot**. Bring to the boil then lower the heat and simmer until the **coconut milk** has reduced by half and thickened nicely, 8-10 mins.



4 MAKE THE SALSA

Meanwhile, chop the **vine tomato** into roughly 1cm chunks. Put in a small bowl and season with a pinch of **salt**. Add a pinch of **lime zest**, a squeeze of **lime juice** and the **ground coriander** (use less if you don't like strong spices). Stir in the **olive oil** (see ingredients for amount) and keep to one side.



5 FINISH THE CURRY

Chop the **tilapia** into 3cm chunks. Stir the **baby spinach** into the **curry** to wilt it, then carefully add the **fish** and submerge in the **sauce** (be gentle - you don't want it to break up!). Cover with a lid and simmer until the **tilapia** is cooked through, 5-7 mins. ⚠️ **IMPORTANT:** *The fish is cooked when the centre is opaque.* Taste the and add **salt**, **pepper** and **lime juice** if needed.



6 SERVE

Fluff up the **rice** with a fork. Share between your bowls. Spoon the **fish curry** over and then top with the **tomato salsa**. Sprinkle on any remaining **lime zest**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion/ Lime	1	1½	2
Water*	300ml	450ml	600ml
Vegetable Stock Pot (10) 14)	1	1½	2
Turmeric	1 pot	1½ pots	2 pots
Basmati Rice	150g	225g	300g
Sri Lankan Curry Powder	1 large pot	1½ large pots	2 pots
Coconut Milk	1 large tin	2 tins	2 large tins
Vine Tomato	2	3	4
Ground Coriander	1 small pot	¾ large pot	1 large pot
Olive Oil	1 tbsp	1½ tbsp	2 tbsp
Tilapia Fillet 4)	2	3	4
Baby Spinach	1 small bag	1 large bag	1 large bag

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 670G	PER 100G
Energy (kcal)	910	136
(kJ)	3807	569
Fat (g)	47	7
Sat. Fat (g)	35	5
Carbohydrate (g)	81	12
Sugars (g)	15	2
Protein (g)	39	6
Salt (g)	2.95	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 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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