



# MIMI'S COASTAL 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



Water for the Rice



Vegetable Stock Pot



Cardamom Pods



Basmati Rice



Onion



Garlic Clove



Green Beans



Black Mustard Seeds



Sri Lankan Curry Powder



Coconut Milk



Water for the Curry

MEAL BAG

30 mins

1.5 of your 5 a day

Little Heat

We think that if you can cook a delicious meal without creating mountains of washing up, then you're onto a winner. This recipe is just that. Simple, quick, and packed with delicate, fresh flavours, Mimi's Sri Lankan inspired fish curry is a dish you'll be recreating time and time again. And if you find it hard to get perfectly fluffy rice every time, the trick in tonight's recipe is about to change that. You can thank us later.

## 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 and juice the **lime**. Put the **juice** in a mixing bowl and set 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** (amount specified in the ingredient list) into a large saucepan with **half** the **vegetable stock pot** and the **cardamom pods**. Bring to the boil, stir to dissolve the **stock pot** and add the **basmati rice**. Bring back to the boil, cover with a lid and 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 **black 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** (amount specified in the ingredient list) into your pan. Add the remaining **vegetable 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**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Lime	1/2
Tilapia Fillet, quartered 4)	2
Water for the Rice*	300ml
Vegetable Stock Pot 10) 14)	1
Cardamom Pods	2
Basmati Rice	150g
Onion, chopped	1
Garlic Clove, grated	1
Green Beans, chopped	1 pack
Black Mustard Seeds 9)	1 tsp
Sri Lankan Curry Powder	1 1/2 tsp
Coconut Milk	200ml
Water for the Curry*	50ml

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	663	138
(kJ)	2782	581
Fat (g)	22	5
Sat. Fat (g)	18	4
Carbohydrate (g)	77	16
Sugars (g)	11	2
Protein (g)	37	8
Salt (g)	2.69	0.56

### ALLERGENS

4) Fish 9) Mustard 10) Celery 14) Sulphites

**Sri Lankan Curry Powder:** Coriander, Fenugreek, Cumin, Fennel, Cayenne, Cinnamon, Cardamom, Curry Leaves, Cloves.

**Vegetable Stock Pot:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains **sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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