



# Sri Lankan Fish Curry

with Fluffy Jasmine Rice

**RAPID** 20 Minutes • 2 of your 5 a day



Garlic Clove



Chickpeas



Lime



Coriander



Coley Fillet



Jasmine Rice



Tomato Purée



Sri Lankan Curry Powder



Vegetable Stock Powder



Coconut Milk Powder

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Colander, Two Large Saucepans, Sieve and Measuring Jug.

### Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Lime**	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Coley Fillet 4)**	2	3	4
Jasmine Rice	150g	225g	300g
Tomato Purée	1 sachet	1½ sachets	2 sachets
Sri Lankan Curry Powder	1 small pot	¾ large pot	1 large pot
Water for Curry*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	502g	100g
Energy (kJ/kcal)	2795/668	556/133
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	79	16
Sugars (g)	5	1
Protein (g)	34	7
Salt (g)	1.41	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 4) Fish 10) Celery

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep Time

- Fill and boil the kettle.
  - Peel and grate the **garlic** (or use a garlic press).
  - Drain and rinse the **chickpeas** in a colander.
  - Zest the **lime** and cut into 4 wedges.
  - Roughly chop the **coriander** (stalks and all).
  - Cut the **coley fillets** into 2 cm chunks.
- IMPORTANT:** Wash your hands after handling raw fish.



## 4. Cook The Fish

- Increase the heat, bring to a boil and add the **coley** making sure that the **fish** is submerged in the liquid.
  - Turn the heat to medium and cover with a lid and simmer until the **fish** is cooked, 8-10 minutes.
- IMPORTANT:** The fish is cooked when opaque in the middle.
- Once cooked, taste and season with **salt** and **pepper**.



## 2. Boil the Rice

- Pour the boiling **water** into a large saucepan on high heat.
- Add ¼ tsp of **salt** and bring to the boil.
- When boiling, add the **rice** and cook until tender, 12 mins.
- Drain the **rice** in a sieve.



## 5. Finish Cooking

- Meanwhile, get any washing up done.
- Add the **lime zest** to the **rice** and fluff it up with a fork.
- Share the **rice** between your plates.



## 3. Make the Curry

- Meanwhile heat a drizzle of **oil** in a large saucepan on a medium-high heat.
- When hot, add the **chickpeas** and cook for 1 minute.
- Stir in the **garlic**, **tomato purée** and **Sri Lankan curry powder** and cook for a further minute.
- Stir in the **water** (see ingredients for amount), **vegetable stock powder** and **coconut milk**.



## 6. Serve

- Top with the **curry** and sprinkle over the chopped **coriander**.
  - Serve with a **lime wedge** on the side.
- Enjoy!**