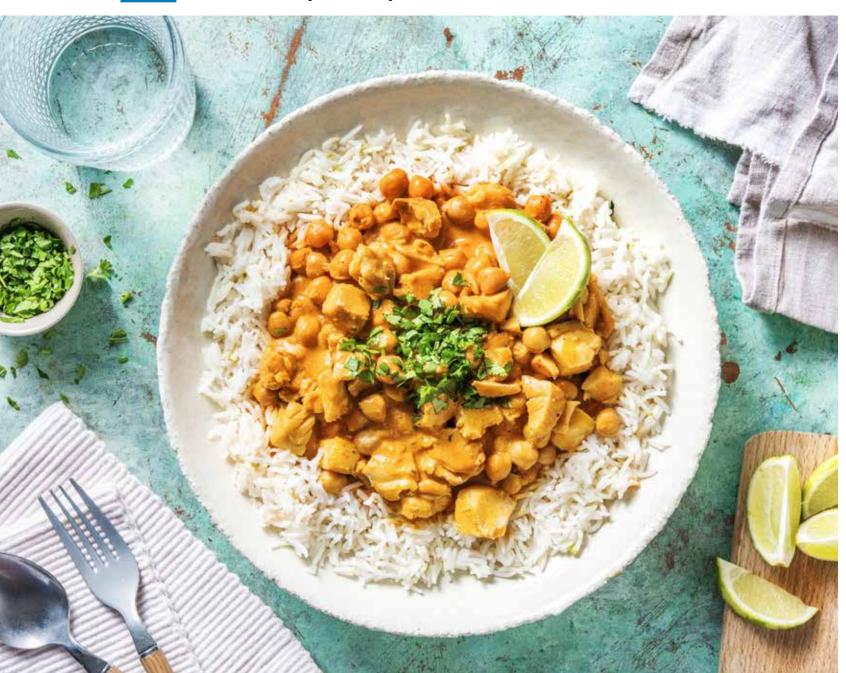


Sri Lankan Fish Curry

with Fluffy Jasmine Rice

RAPID 20 Minutes • 2 of your 5 a day







Garlic Clove





Lime



Coriander



Coley Fillet



Jasmine Rice



Tomato Purée



Sri Lankan Curry Powder



Vegetable Stock Powder



Coconut Milk

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	1⅓ 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	1⅓ 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

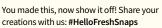
4) Fish 10) Celery

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

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



2. Boil the Rice

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



3. Make the Curry

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



4. Cook The Fish

- a) Increase the heat, bring to a boil and add the coley making sure that the fish is submerged in the liquid.
- **b)** 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.
- **c)** Once cooked, taste and season with **salt** and **pepper**.



5. Finish Cooking

- a) Meanwhile, get any washing up done.
- **b)** Add the **lime zest** to the **rice** and fluff it up with a fork.
- $\boldsymbol{c}\boldsymbol{)}$ Share the \boldsymbol{rice} between your plates.



6. Serve

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