



# Sri Lankan-Style Coconutty Hake Curry

with Courgettes, Green Beans and Rice

Classic 25 Minutes • Medium Spice • 2 of your 5 a day

4



Basmati Rice



Onion



Garlic Clove



Courgette



Green Beans



Hake Fillet



Sri Lankan Curry Powder



Coconut Milk



Vegetable Stock Powder

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Saucepan, Coarse Grater (or Garlic Press) and Frying Pan.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Courgette**	1	2	2
Green Beans**	1 small pack	1 large pack	1 large pack
Hake Fillet 4)**	2 fillets	3 fillets	4 fillets
Sri Lankan Curry Powder	1 pot	2 pots	2 pots
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	50ml	75ml	100ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>507g</b>	<b>100g</b>
Energy (kJ/kcal)	2540 /607	501 /120
Fat (g)	20	4
Sat. Fat (g)	16	3
Carbohydrate (g)	77	15
Sugars (g)	14	3
Protein (g)	29	6
Salt (g)	1.04	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 4) Fish 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

### Thumbs up or thumbs down?


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## Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



## Get Prepped!

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Trim the **green beans** then chop into thirds. Chop the **hake** into 2cm chunks. **IMPORTANT: Wash your hands after handling raw fish.**



## Get Cooking

Heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **onion** and cook, stirring, until soft and turning brown, 4-5 mins. Add the **garlic** and **Sri Lankan Curry Powder** (add less if you don't like too much heat) and cook, stirring, for 1 minute.



## Simmer!

Add the **coconut milk**, **water** (see ingredients for amount) and **stock powder**, stir together and bring to a simmer. Add the **courgette** and **green beans**, stirring occasionally, and simmer over medium heat until just tender, 4-5 mins. Season with **salt** and **pepper**.



## Fish Time

Add the **fish** to the **curry** and gently stir through. Cover with a lid (or some foil) and simmer until the **fish** is cooked and the **vegetables** are tender, 4-5 mins. **IMPORTANT: The fish is cooked when opaque in the middle.**



## Serve

Divide the **rice** between plates and spoon over the **fish curry**.

## Enjoy!

### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.