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Super Quick Seafood Curry with Cardamon Rice

Do dark winter days have you daydreaming of blue skies and warm seas? We thought we would help cheer up a chilly winter's night by transporting you to the Caribbean with these heart warming flavours! This tasty little curry is packed with beautiful fresh veggies and delicious seafood - winter be gone!

30 mins

2 of your 5 a day

spicy

eat within 2 days

family box



Cardamon Pod (4)



Water for Rice (700ml)



Basmati Rice (350g)



Red Onion (1)



Red Pepper (1)



Garlic Clove (1)



Poudre de Colombo Curry Powder (1 1/2 tsp)



Vegetable Stock Pot (1)



Water for Stock (400ml)



Cornflour (20g)



Baby Spinach (1 bag)



Luxury Seafood Mix (425g)




Natural Yoghurt (1 pot)



Lime (1)

4 PEOPLE INGREDIENTS

- Cardamon Pod **4**
- Water for Rice **700ml**
- Basmati Rice **350g**
- Red Onion, sliced **1**
- Red Pepper, sliced **1**
- Garlic Clove, grated **1**
- Poudre de Colombo Curry Powder **1½ tsp**
- Vegetable Stock Pot **1**
- Water for Stock **400ml**
- Cornflour **20g**
- Baby Spinach **1 bag**
- Luxury Seafood Mix **425g**
- Natural Yoghurt **1 pot**
- Lime **1**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Poudre de Colombo is a French/West Indian spice blend with fragrant citrus notes that complement fish perfectly. Ta dah! It's in this fish curry.

Allergens: Mustard, Celery, Sulphites, Milk, Fish.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	631 kcal / 2673 kJ	11 g	0.4 g	78 g	10 g	59 g	3 g
Per 100g	85 kcal / 358 kJ	1 g	0 g	10 g	1 g	8 g	0 g

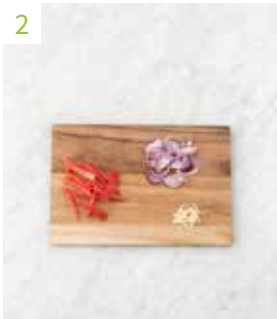
Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Crack the **cardamon pods** with the bottom of a pan. **Tip:** *You just want to crack the shell not smash it to pieces!* Pop your **cardamon pods** in a pot with the **water** (amount specified in the ingredient list). Add a pinch of **salt** and the **basmati rice** and put on high heat. Once boiling, pop the lid on, reduce the heat to low and simmer your **rice** for 10 mins. After 10 mins, remove the pot from the heat and leave your **rice** to finish cooking in its own steam for another 10 mins.

2



2 Whilst your rice cooks, prepare your vegetables. Cut the **red onion** in half through the root. Peel and then slice into thin half moons. Remove the core from the **red pepper** and slice into ½cm wide strips. Peel and grate the **garlic** (or use a garlic press if you have one).

4



3 Heat a large frying pan over high heat and add a splash of **oil**. Add your **onion** and **pepper** and cook for 7 mins or until soft. Add your **garlic** and **curry powder** and cook for another minute until it smells fragrant. Add the **vegetable stock pot** and three-quarters of the **water** (amount specified in the ingredient list). Mix the **cornflour** with your remaining **water** and add this to your **curry**.

5



4 Bring your **curry** to the boil (make sure the stock pot has dissolved) and reduce the heat to low. Leave to simmer for 5 mins. It will thicken to a nice glossy consistency. After 5 mins, add the **baby spinach** and cook for another 2 mins. Once your **spinach** has wilted, add the **seafood mix** and cook for another 4-5 mins on a low heat. **Tip:** *You want to gently poach the seafood, not boil it.*

5 After 5 mins, check the **prawns** in your **curry** are cooked by making sure they are pink on the outside and white all the way through. Add the **yoghurt**, stir well and remove from the heat. Season with a generous pinch of **salt** and a good grind of **black pepper**. Squeeze in a good splash of **lime juice**.

6 Remove your **cardamon pods** from your **rice** then fluff it up with a fork. Spoon a generous amount of **rice** onto each plate and make a well in the centre. Fill it with your **seafood curry** (share out your **prawns** equally!) and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!