



# Thai Style Yellow Cod Curry

with Spinach & Jasmine Rice

**CLASSIC** 25 Minutes • Little Heat

N° 4



Jasmine Rice



Cod



Yellow Curry Paste



Coconut Milk



Vegetable  
Stock Powder



Baby Spinach



Lime

## Before you start

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

### Basic cooking tools, you will need:

Measuring Jug, Two Saucepans, Measuring Jug and Fine Grater.

### Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Cod 4)**	2	3	4
Yellow Curry Paste	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for Curry*	100ml	150ml	200ml
Baby Spinach**	1 small bag	1 large bag	2 small bags
Lime**	½	1	1

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	580g	100g
Energy (kJ/kcal)	2464 / 589	425 / 102
Fat (g)	22	4
Sat. Fat (g)	17	3
Carbohydrate (g)	67	12
Sugars (g)	2	1
Protein (g)	31	5
Salt (g)	2.06	0.35

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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## 1. 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).



## 4. Simmer!

Once the **curry** has simmered for 5 mins, add the **cod pieces**, making sure they are fully submerged in the **sauce**. Simmer until cooked through, a further 3-4 mins. **IMPORTANT:** *The fish is cooked when it is opaque in the middle.*



## 2. Prep the Cod

Chop the **cod** into 2cm chunks. **IMPORTANT:** *Wash your hands after handling raw fish.*



## 5. Cook the Spinach

Add the **spinach** to the **curry**, pop a lid on and cook the **curry** for 3-4 mins until **spinach** is fully wilted. Meanwhile, zest and halve your **lime**. Once cooked, add a squeeze of **lime juice** into the **curry** and gently stir through, season to taste with **salt** and **pepper**. Cut the remaining **lime** into wedges



## 3. Curry Up!

When the **rice** has been cooking for 5 mins, heat a drizzle of **oil** in a medium saucepan on a medium high heat. When hot add the **curry paste** and cook stirring frequently until fragrant, one minute. Add the **coconut milk**, **veg stock powder** and **water** (see ingredients for amount). Bring to the boil and turn down to simmer. Simmer until slightly thickened, 4-5 mins.



## 6. Time to Serve

Carefully fluff up your **rice** and mix through the **lime zest**. Share between your plates and top with the **cod curry**. Serve any remaining **lime wedges** alongside for squeezing over.

**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.