



Turmeric and Coriander Marinated Sea Bass with Sri Lankan Style Rice and Courgette

28

Calorie Smart Eat Me First • 25-30 Minutes • Mild Spice • Under 600 Calories



-  Red Onion
-  Garlic Clove
-  Courgette
-  Coriander
-  Sri Lankan Curry Powder
-  Ground Turmeric
-  Basmati Rice
-  Vegetable Stock Paste
-  Sea Bass Fillets
-  Low Fat Natural Yoghurt

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, measuring jug, bowl and frying pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Courgette**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Sri Lankan Curry Powder	1 pot	1 pot	2 pots
Ground Turmeric	1 sachet	1 sachet	1 sachet
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Sea Bass Fillets** 4)	2	3	4
Low Fat Natural Yoghurt** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	2211 / 528	570 / 136
Fat (g)	15	4
Sat. Fat (g)	3	1
Carbohydrate (g)	71	18
Sugars (g)	8	2
Protein (g)	27	7
Salt (g)	1.29	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

4) Fish 7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette** then quarter lengthways. Chop widthways into roughly 2cm pieces. Roughly chop the **coriander** (stalks and all).



Courgette Time

Meanwhile, mix **half** the **coriander** with the remaining **turmeric** and **olive oil for the marinade** (see ingredients for amount) in a small bowl. Lay the **sea bass** onto a board, skin-side down, and spread the **turmeric mixture** onto the flesh. Season with **salt and pepper**. **IMPORTANT: Wash your hands and equipment after handling raw fish.** Heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **courgette** and stir-fry until softened, 6-8 mins total. Once cooked, season with **salt and pepper**, then transfer to a bowl.



Fry the Onion

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat. Add your **onion** and fry until softened, 4-5 mins. Add the **garlic**, **Sri Lankan style curry powder** and **half the turmeric**. Stir-fry until fragrant, 1 min.



Cook the Fish

Return your (now empty) frying pan to medium-high heat with a drizzle of **oil**. Once hot, carefully place your **sea bass** into the pan, skin-side down. Cook for 3-4 mins before turning over and cooking for 2-3 mins on the other side. **TIP: To get crispy skin on the fish, don't move it around when it's cooking skin-side down. IMPORTANT: The fish is cooked when opaque in the middle.**



Cook the Rice

Stir the **rice**, **vegetable stock paste** and cold **water for the rice** (see ingredients for amount) into the saucepan. Cover with the lid and bring to the boil. Once boiling, turn the heat down to its lowest setting. 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).



Finish and Serve

Once the **rice** has finished cooking, fluff it up with a fork and stir through the **cooked courgette** and **half** the remaining **coriander**. Season to taste with **salt and pepper**. Serve the **rice** in bowls topped with the **sea bass**, a drizzle of **yoghurt** and the remaining **coriander**.

Enjoy!

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13-15

