



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

Calorie Smart Eat Me First • 25-30 Minutes • Mild Spice • Under 650 Calories

28



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, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
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 sachet	1 sachet	2 sachets
Ground Turmeric	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Vegetable Stock Paste (10)	10g	15g	20g
Sea Bass Fillets** (4)	2	3	4
Low Fat Natural Yoghurt** (7)	75g	120g	150g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	2222 / 531	578 / 138
Fat (g)	14.8	3.9
Sat. Fat (g)	3.4	0.9
Carbohydrate (g)	70.3	18.3
Sugars (g)	8.9	2.3
Protein (g)	27.5	7.2
Salt (g)	1.30	0.34

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 **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Trim the **courgette**, then cut into roughly 2cm pieces. Roughly chop the **coriander** (stalks and all).



## Courgette Time

Meanwhile, in a small bowl, mix together **half** the **coriander**, remaining **turmeric** and **olive oil for the dressing** (see ingredients for amount).

Lay the **sea bass** onto a board, skin-side down, and spread the **turmeric mixture** onto the flesh. Season with **salt** and **pepper**. Set aside.  
**IMPORTANT:** Wash your hands and equipment after handling raw fish.

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **courgette** and stir-fry until softened, 6-8 mins total.

Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.



## Build the Flavour

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **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.



## Fry 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**, **veg stock paste** and **cold water for the rice** (see ingredients for amount) into the saucepan. Bring to the boil, then turn down the heat down to medium and cover with a lid.

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** is cooked, 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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