



# Yellow Cod Thai-Style Curry

With Coriander & Lime Rice

Extra Rapid 10 Minutes • 1 of your 5 a day

22



Yellow Curry Paste



Coconut Milk



Soy Sauce



Cod Fillets



Bok Choy



Mangetout



Coriander



Lime



Pure Basmati  
Rice Steamed



Salted Peanuts

## Before you start

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

## Cooking tools, you will need:

Saucepan, Chopping Board, and Sharp Knife.

## Ingredients.

	2P	3P	4P
Yellow Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Soy Sauce <b>11</b> <b>13</b>	½ sachet	¾ sachet	1 sachet
Water for Curry*	100ml	150ml	200ml
Cod Fillets <b>4</b> **	2	3	4
Bok Choy**	1	2	2
Mangetout**	1 small pack	1 small pack	1 large pack
Coriander**	½ bunch	¾ bunch	1 bunch
Lime**	½	¾	1
Pure Basmati Rice Steamed	1 pouch	1½ pouches	2 pouches
Salted Peanuts <b>1</b>	1 small pot	1 large pot	1 large pot

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2475 /592	442 /106
Fat (g)	32	6
Sat. Fat (g)	18	3
Carbohydrate (g)	51	9
Sugars (g)	6	1
Protein (g)	29	5
Salt (g)	1.93	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**1)** Peanut **4)** Fish **11)** Soya **13)** Gluten

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

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1



2



3



## Curry Up!

**a)** Heat a splash of **oil** in a medium saucepan over a medium-high heat.

**b)** When hot, add the **curry paste** and cook stirring frequently until fragrant, 1 minute.

**c)** Next, add the **coconut milk** and **soy sauce** (see ingredients for amount).

**d)** Add the **water** (see ingredients for amount) and bring to the boil.

**e)** Pat the **cod** with some kitchen roll to get rid of any excess moisture, then pop the **cod** into the **sauce**, making sure it's fully submerged. Cook with the lid on, until the **fish** is cooked, 5-6 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*

## Chop Chop!

**a)** Trim the **bok choy** then thinly slice widthways.

**b)** Cut the **mangetout** into thirds.

**c)** Add the **bok choy** and **mangetout** to the **curry** and cook until tender, 3 more mins.

## Time to Serve

**a)** Roughly chop the **coriander** (stalks and all).

**b)** Halve the **lime**.

**c)** Cook the **rice** according to pack instructions.

**d)** Taste the **curry** and squeeze in the **lime juice**.

**e)** Share the **rice** between your plates.

**f)** Top with the **cod curry** and sprinkle over the **peanuts** and **coriander**.

## 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.