










Yellow Thai Style Cod Curry

with Spinach and Jasmine Rice

Calorie Smart 25 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

28



-  Jasmine Rice
-  Cod
-  Yellow Thai Style Paste
-  Coconut Milk
-  Vegetable Stock Paste
-  Baby Spinach
-  Lime

Before you start

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

Cooking tools, you will need:

Saucepan, Lid, Bowl, Zester.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Cod**4)	2	3	4
Yellow Thai Style Paste**	1 sachet	2 sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for Curry*	100ml	150ml	200ml
Baby Spinach**	100g	150g	200g
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	422g	100g
Energy (kJ/kcal)	2408 / 575	570 / 136
Fat (g)	22	5
Sat. Fat (g)	17	4
Carbohydrate (g)	69	16
Sugars (g)	2	1
Protein (g)	28	7
Salt (g)	2.32	0.55

Nutrition for uncooked ingredients based on 2 person recipe.
SmartPoints® values based on low-cal cooking spray oil.

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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Packed in the UK

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Cook the Rice

Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the rice and **¼ tsp salt**, cover with the lid and bring to the boil on medium-high heat. 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).



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 opaque in the middle.*



Prep the Cod

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



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 and piping hot. Meanwhile, zest and halve your **lime**. Once cooked, add a squeeze of **lime juice** into the **curry** and gently stir through, then season to taste with **salt** and **pepper**. Cut the remaining **lime** into wedges.



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 **yellow Thai style paste** and cook, stirring frequently until fragrant, 1 min. Add the **coconut milk, veg stock paste** and **water** (see ingredients for amount). Bring to the boil then turn down to simmer. Simmer until slightly thickened, 4-5 mins.



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.