



Cal Smart Indian-Style Fish Curry

with Lime-Cilantro Basmati Rice

Calorie Smart

25 Minutes



Barramundi



Indian Spice Mix



Mild Curry Paste



Carrot



Roma Tomato



Shallot



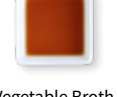
Basmati Rice



Lime



Cilantro



Vegetable Broth Concentrate



Soy Sauce

HELLO INDIAN SPICE MIX

A warming blend of sweet, aromatic and zesty spices!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels, vegetable peeler

Ingredients

	2 Person	4 Person
Barramundi	282 g	564 g
Indian Spice Mix	1 tbsp	2 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Carrot	170 g	340 g
Roma Tomato	160 g	320 g
Shallot	50 g	100 g
Basmati Rice	¾ cup	1 ½ cups
Lime	1	1
Cilantro	7 g	14 g
Vegetable Broth Concentrate	1	2
Soy Sauce	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Roast barramundi

Pat **barramundi** dry with paper towels. Arrange **barramundi** on a parchment-lined baking sheet, skin-side down. Drizzle with **½ tbsp oil** (dbl for 4 ppl), then season with **salt and pepper**. Roast in the **middle** of the oven until cooked through, 17-19 min.** Remove and discard skin. Gently flake **fish** into bite-sized pieces using a fork.



Start curry

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl to melt. Add **shallots**. Cook, stirring often, until golden, 1-2 min. Sprinkle **Indian Spice Mix** over **shallots**. Cook, stirring constantly, until fragrant, 30 sec. Add **curry paste** and **tomatoes** to the pan. Season with **salt and pepper**. Cook, stirring often, until **tomatoes** start to break down, 3-4 min.



Cook rice

While **barramundi** roasts, bring **1 ¼ cups water** and **⅛ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Finish curry

Add **broth concentrate**, **soy sauce** and **1 ¼ cups water** (dbl for 4 ppl) to the pan. Bring to a boil over high. Once boiling, add **carrots**. Season with **salt and pepper**, then stir to combine. Reduce heat to medium. Cook, stirring occasionally, until **carrots** are tender, 6-8 min. Add **roasted fish** and stir gently to combine.



Prep

While **rice** cooks, peel, then finely chop **shallot**. Cut **tomatoes** into ½-inch pieces. Peel, then cut **carrot** into ¼-inch rounds. Zest **lime**. Cut **half the lime** into wedges (use whole lime for 4 ppl). Roughly chop **cilantro**.



Finish and serve

Fluff **rice** with a fork. Add **lime zest** and **half the cilantro**, then stir to combine. Divide **rice** between bowls. Spoon **fish curry** over top. Sprinkle with **remaining cilantro**. Serve with **lime wedges** alongside.

Dinner Solved!