















Cal Smart Indian-Style Fish Curry

with Lime-Cilantro Basmati Rice

Calorie Smart 30 Minutes



-  Barramundi
-  Indian Spice Mix
-  Mild Curry Paste
-  Carrot
-  Roma Tomato
-  Shallot
-  Basmati Rice
-  Lime
-  Cilantro
-  Vegetable Broth Concentrate
-  Soy Sauce
-  Garlic Salt

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

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
Garlic Salt	1 tsp	2 tsp
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.

Contact

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Cook rice

Add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. 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.



Start curry

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **shallots**. Cook, stirring often, until slightly softened, 1-2 min. Add **curry paste**, **tomatoes** and **carrots**. Sprinkle **Indian Spice Mix** over top. Cook, stirring occasionally, until **tomatoes** start to break down, 3-4 min. Season with **remaining garlic salt**.



Roast barramundi

Meanwhile, pat **barramundi** dry with paper towels. Arrange **barramundi** on a parchment-lined baking sheet, skin-side down. Drizzle with **½ tsp oil** (dbl for 4 ppl), then season with **half the garlic salt** and **pepper**. Roast in the **middle** of the oven until cooked through, 10-12 min.** Remove and discard barramundi skin. Using a fork, break up **barramundi** into large flakes.



Finish curry

Add **broth concentrate**, **soy sauce** and **1 cup water** (dbl for 4 ppl) to the pan with **veggies**. Bring to a simmer. Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **carrots** are tender, 8-10 min. Gently stir in **flaked barramundi**. Season with **salt** and **pepper**, to taste, then stir to combine.



Prep

Meanwhile, peel, then finely chop **shallot**. Cut **tomatoes** into ½-inch pieces. Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Zest **lime**. Cut **half the lime** into wedges (whole lime for 4 ppl). Roughly chop **cilantro**.



Finish and serve

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

Dinner Solved!