

Yellow Seabream Curry

with Green Beans and Basmati Rice

hellóchef

Enjoy this light curry, packed with flavour!

Cals 638 • Prot 52 • Carbs 105 • Fat 7

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🕒 cook: 30 min

R3176



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Seabream 6*	330	525	660	Grams
Shallots	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Green beans	150	250	375	Grams
Fresh coriander	15	15	15	Grams
Vegetable oil	1	1	2	Tbsp
Curry powder	4	5	8	Grams
Turmeric powder	2	2	4	Grams
Water	200	300	400	ML
Lime leaves	3	6	6	Piece
Vegetable stock cube 15*	0.5	1	1	Piece
Salt	0.5	0.5	1	Tsp
Fish sauce 6*, 10*	10	10	20	ML
Sweet chilli sauce	40	60	80	ML
Natural yogurt 4*	170	170	340	Grams
Lime	1	1	2	Piece
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML

Allergens

*6 Fish, *15 Celery, *10 Wheat, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	2668 / 638
Fat (g)	7.1
of which saturates (g)	2.4
Carbohydrate (g)	105
of which sugars (g)	21.1
Fiber (g)	7.1
Protein (g)	52.2
Salt (g)	1.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Rinse the **basmati rice** thoroughly. Soak. Peel and finely slice the **shallots**. Peel and mince the **garlic**. Trim the **green beans** and cut them in half. Chop the **coriander leaves**.

Tip! The trick to perfectly fluffy rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.



2 Boil rice

Drain the **basmati rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Start curry

Meanwhile, heat a large saucepan over a medium heat with a drizzle of **oil**. Once hot, add the **shallots** with a pinch of **salt** and fry for 3 min. Add the **garlic**, **curry powder** and **turmeric** and fry for 1 min further. Add the **measured water**, **green beans**, **lime leaves** and (0.5/1/1) **stock cube**. Cover and simmer for 4 min.



4 Fry fish

Meanwhile, pat the **seabream** fillets dry with kitchen paper and season the skin with **salt**. Heat a large non-stick pan with a drizzle of **vegetable oil** over a medium-high heat. Once hot, add the **seabream**, skin-side down and fry for 4 min or until crispy. Once crispy, flip and cook for 1-2 min further.



5 Finish curry

Once the **green beans** are tender, remove the pan from the heat. Add the **fish sauce**, **sweet chilli sauce** and **natural yogurt**. Whisk well. Season to taste.



6 Serve

Stir half of the **coriander** and a squeeze of **lime** juice through the **curry**. Divide the **curry** and **rice** among plates and top with the **seabream**.