

Goan Fish Curry

with Basmati Rice and Tenderstem Broccoli

hellóchef

Rice and fish are staples of Goan cuisine!

Cals 731 • Prot 47 • Carbs 86 • Fat 27

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🕒 cook: 30 min

R3238



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	
Cod fillet 6*	350	525	700	Grams
Spring onion	40	60	80	Grams
Tomatoes	1	2	2	Piece
Coconut oil	10	15	20	ML
Ginger garlic paste	20	30	40	Grams
Coriander powder	2	4	4	Grams
Turmeric powder	2	2	4	Grams
Chilli powder	2	2	4	Grams
Coconut milk	200	400	400	ML
Tamarind paste	15	22	30	Grams
Vegetable stock cube 15*	1	1	1	Piece
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
To serve				
Tenderstem broccoli	150	225	300	Grams
Fresh coriander	15	15	15	Grams
Crispy onions	20	30	40	Grams

Allergens

*6 Fish, *15 Celery

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)	3060 / 731
Fat (g)	27
of which saturates (g)	16
Carbohydrate (g)	86
of which sugars (g)	4.1
Fiber (g)	8.3
Protein (g)	46.6
Salt (g)	2.7

*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

Trim and finely chop the **spring onion**. Roughly chop the **tomatoes**. Chop the **cod** into chunks.



2 Boil rice

Rinse 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 pan over a medium heat with the **coconut oil**. Once hot, add the **spring onion** and **tomatoes** with a pinch of **salt** and fry for 3 min until softened. Add the **ginger garlic paste, coriander powder, turmeric** and **chilli powder (spicy!)**. Fry for 2 min further. **Tip!** This one's spicy; if you prefer a mild curry, leave out the chilli powder.



4 Simmer

Add the **coconut milk, tamarind paste, {0.5/1/1} stock cube** and **cod** and simmer, covered, for 4 min or until the **cod** is cooked through.

Tip! You can tell when white fish is cooked by checking if the flesh flakes easily.



5 Cook broccolini

Meanwhile, trim the **tenderstem broccoli** and cook it in lightly salted boiling water for 5 min or until tender. Drain once cooked.



6 Serve

Chop the **coriander** leaves. Divide the **rice** and **curry** among bowls and serve the **tenderstem broccoli** alongside. Garnish with the **crispy onions** and **coriander** leaves.