



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PAPADUMS

Papa what now?

Papadums are thin, crunchy and delicious lentil-based flatbreads from India. If you have any leftover, enjoy them as a snack topped with a homemade tomato salsa or your favourite chutney!



1. COCONUT FISH CURRY

WITH PAPADUMS

 30 Minutes

 2 Servings

This decadent curry features creamy coconut milk, freshly caught white fish from WA and an abundance of seasonal veggies.

FROM YOUR BOX

SHALLOT	1
GINGER	40g
GARLIC CLOVES	2
BABY POTATOES	400g
CARROT	1
COCONUT MILK	400ml
ASIAN GREENS	2 bulbs
TOMATO	1
WHITE FISH FILLETS	1 packet
PAPADUMS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (coconut oil, or other), pepper, ground cumin + turmeric, garam masala, soy sauce, red wine vinegar

KEY UTENSILS

large pan, frypan

NOTES

It's quickest to cook the papadums in the microwave according to packet instructions. This also uses less oil.

No fish option - white fish fillets are replaced with diced chicken breast fillet. Add to pan at step 2 with potatoes and carrots.



1. COOK THE AROMATICS

Heat a pan over medium heat with **1 tbsp oil**. Slice shallot, grate ginger and crush 1 garlic clove. Add to pan as you go. Cook for 3-4 minutes until aromatic. Add **1 tsp turmeric, 1 tsp garam masala and 1/2 tsp cumin**.



2. ADD THE VEGETABLES

Quarter potatoes and slice carrot into rounds. Add to pan as you go with coconut milk. Cover and simmer for 10-15 minutes or until potatoes are nearly cooked through.



3. SAUTÉ THE GREENS

Heat a frypan with **oil** over high heat. Halve and rinse Asian greens and slice 1 garlic clove. Add to pan and sauté until just tender. Season with **pepper and 2 tsp soy sauce**.



4. ADD THE TOMATOES AND FISH

Wedge tomato and cut fish into bite-size pieces. Add to curry and simmer for 3-4 minutes or until fish is cooked through.



5. COOK THE PAPADUMS

Cook the papadums according to preferred method on the packet (see notes).



6. FINISH AND PLATE

Serve fish curry in bowls with Asian greens alongside papadums.