



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

 4 Servings

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

## FROM YOUR BOX

RED ONION	1
GINGER	40g
GARLIC CLOVES	3
BABY POTATOES	600g
CARROTS	2
COCONUT MILK	400ml
ASIAN GREENS	1 bunch
TOMATOES	2
WHITE FISH FILLETS	2 packets
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 large pan over medium heat with **2 tbsp oil**. Slice onion, grate ginger and crush 2 garlic cloves. Add to pan as you go. Cook for 3-4 minutes until aromatic. Add **2 tsp turmeric, 2 tsp garam masala and 1 tsp cumin**.



### 2. ADD THE VEGETABLES

Quarter potatoes and slice carrots into rounds. Add to pan as you go with coconut milk and **1 tin water**. 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 remaining 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 tomatoes and cut fish into bite-size pieces. Add to curry and simmer for 3-4 minutes or until fish is cooked through.

Season with **pepper, 1/2 tbsp vinegar and 1 tbsp soy sauce**.



### 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.