



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Curry Leaves

Curry leaves grow on a tree from the citrus fruit family. They release a deliciously nutty aroma when cooked and are a staple in South Indian cooking.



## A2 Yellow Fish Kedgeree

A sunny yellow rice dish cooked with curry leaves and mild spices, finished with flakes of fish and a squeeze of lemon.

 25 minutes

 2 servings

 Fish

13 May 2022

## Switch it up!

*This dish is also delicious with some flaked almonds, chopped coriander or sliced chives on top! You can also add coconut milk and transform this dish into a simple curry served with rice, if preferred.*

## FROM YOUR BOX

BROWN ONION	1
CURRY LEAF FRONDS	2
CARROT	1
BASMATI RICE	150g
TOMATO	1
LEMON	1
WHITE FISH FILLETS	1 packet
BABY SPINACH	1 bag (60g)

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground turmeric, black mustard seeds, soy sauce

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

You can use coconut oil to cook this dish for extra fragrance. If you don't have black mustard seeds you can add 1 tsp ground cumin, mild curry powder or garam masala instead for flavour.

Drain the tomato topping to remove excess liquid if needed.



### 1. SAUTÉ THE AROMATICS

Heat a frypan over medium-high heat with **oil**. Slice and add onion along with **1 tsp turmeric, 1/2 tsp mustard seeds** and curry leaves (see notes). Cook for 2-3 minutes until fragrant.



### 2. COOK THE RICE

Grate carrot into pan. Add basmati rice, **1/2 tbsp soy sauce** and **1 1/2 cups water**. Cover and cook for 10-12 minutes until water has absorbed. Take off heat and leave to sit for 5 minutes.



### 3. PREPARE THE TOPPING

Dice tomato. Toss with 1/2 lemon zest and 1/2 tbsp juice (wedge remaining). Set aside.



### 4. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **1/2 tsp mustard seeds, oil, salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through.



### 5. ADD SPINACH

Flake fish into bite size pieces. Gently stir through rice along with spinach until wilted. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Garnish fish kedgeree with tomato topping (see notes). Serve with lemon wedges.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

