



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.



A4 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

 4 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	300g
TOMATOES	2
LEMON	1
WHITE FISH FILLETS	2 packets
BABY SPINACH	1 bag (120g)

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 2 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 **2 tsp turmeric**, **1 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 tbsp soy sauce** and **2 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 tomatoes. Toss with 1/2 lemon zest and juice (wedge remaining). Set aside.



4. COOK THE FISH

Heat a frypan over medium-high heat. Coat fish with **1 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

