



Product Spotlight: Zucchini

A zucchini is a fruit although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.



Aussie Bush Curry with Fish

A creamy fish curry created using a blend of cardamom, desert lime and ginger from GH Produce, served with fluffy rice and finished with toasted coconut.



25 minutes



4/6 servings



Fish

Add some extras!

This curry is also great served with some naan bread! You can garnish with some fresh coriander or toasted flaked almonds if you have some.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	32g	16g/20g	32g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
SHAVED COCONUT	1 packet	2 packets
BROWN ONION	1	2
TOMATOES	2	3
ZUCCHINI	1	1
BUSH CURRY SPICE MIX	1 sachet	2 sachets
COCONUT MILK	400ml	2 x 400ml
WHITE FISH FILLETS	2 packets	3 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan with lid

NOTES

For a rich flavour in the curry, you can add 1 tbsp tomato paste if you have some.

Rinse fish fillets before cooking to remove any stray scales.



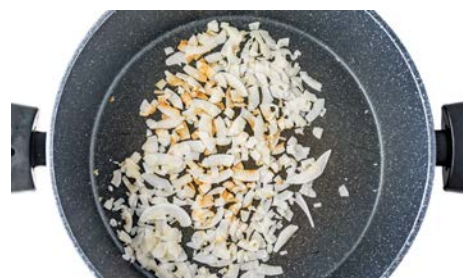
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1. COOK THE RICE

Place **rice** in a saucepan, cover with **600ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – cover rice with 900ml water.



2. TOAST THE COCONUT

Add **shaved coconut** to a dry frypan over medium–high heat. Toast for 5 minutes until golden. Remove and set aside (keep pan on heat).



3. SAUTÉ THE VEGETABLES

Add **oil** to pan. Slice **onion** and wedge **tomatoes**. Slice **zucchini** into crescents. Add to pan as you go. Cook for 5 minutes. Stir in **spice mix** and cook for 3 minutes until fragrant.



4. SIMMER THE CURRY

Pour in **coconut milk** and simmer for 5 minutes. Cut **fish** into smaller pieces. Add to pan and simmer for a further 4–5 minutes until fish is cooked through (see notes). Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Garnish **curry** with **shaved coconut**. Serve with **rice**.

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