



## 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

### 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.



### 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).



### 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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