



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 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
	27g	24g	29g

FROM YOUR BOX

BASMATI RICE	300g
SHAVED COCONUT	1 packet
BROWN ONION	1
TOMATOES	2
ZUCCHINI	1
BUSH CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml
WHITE FISH FILLETS	2 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.



1. COOK THE RICE

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



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 (see notes).



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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