



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Island Curries

Island Curries curry pastes are
vegan-friendly, nut-free & gluten-free.
Plus, they're made with 100% Australian
non-GM canola oil.



1 Bengali Fish Curry with Apple Raita and Papadums

This curry is full of flavour from the Tasmania-made Bengali curry paste — but don't worry, it's not spicy. Made with satisfying potatoes, fresh fish fillets, a sweet apple raita and served with crunchy papadums.

 30 minutes

 2 servings

 Fish

7 May 2021

Fish on the side

*If preferred, pan-fry bite-sized fish pieces
on the side in a frypan in a little butter/oil
and season with salt and pepper.*

FROM YOUR BOX

BROWN ONION	1/2 *
POTATOES	400g
BENGALI CURRY PASTE	1 sachet
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN APPLE	1
DILL	1 packet
GREEK YOGHURT	1 tub (200g)
PAPADUMS	1 packet
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper

KEY UTENSILS

large frypan

NOTES

It is quickest to cook the papadums in the microwave according to packet instructions. This also uses less oil.

If you like it hot, you can add a sprinkle of chilli flakes at the end of step 5.

No fish option – white fish fillets are replaced with diced chicken breast. Add to pan at the end of step 1.



1. COOK ONION AND POTATO

Heat a large frypan with **oil** over medium-high heat. Slice and add onion and cook for 5–6 minutes, then add diced potatoes and curry paste. Cook for 2–3 minutes until aromatic.



2. ADD THE VEGETABLES

Dice zucchini and halve cherry tomatoes. Add to pan with **2/3 cup water**. Cover and simmer for 15 minutes.



3. MAKE THE RAITA

Grate or finely dice apple and chop dill. Mix with 2/3 tub yoghurt, **1 tbs olive oil**, **salt and pepper**.



4. COOK THE PAPADUMS

Cook the papadums according to preferred method on the packet (see notes).



5. ADD THE FISH

Cut the fish into bite-sized pieces and add to the pan. Stir and cook for 3–4 minutes until cooked through. Remove pan from heat, stir through remaining yoghurt, and season with **salt and pepper** (see notes).



6. FINISH AND PLATE

Divide curry into bowls and serve with raita and papadums.

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**

