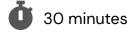




Quick Fish Curry

with Noodles

Creamy coconut curry served over see-through noodles. It has lots of flavour but don't worry, this tasty fish curry is not hot.





2 servings



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Cooked veggies

You can roughly chop the carrots and broccolini and boil (or steam) them to serve on the side instead of adding them to the curry.

FROM YOUR BOX

SPRING ONIONS	1/3 bunch *
CURRY PASTE	1 sachet (50g)
CARROT	1
COURGETTES	2
BROCCOLINI	1 bunch
COCONUT MILK	165ml
RICE NOODLES	200g
WHITE FISH FILLETS	1 packet
LEMON	1

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, frypan

NOTES

If you like it hot & spicy, add a dash of chilli flakes or chopped fresh chilli with the paste.

To hide the veggies, you can grate them instead.

No fish option - white fish fillets are replaced with diced chicken breast fillet. Add at the start of step 2, then cook as per recipe.



1. FRY THE PASTE

Heat a frypan with oil over medium-high heat. Slice spring onions (keep some green tops for garnish) and add to pan with curry paste (see notes). Cook for 2 minutes.



2. ADD THE VEGETABLES

Slice carrot and courgettes into crescents (see notes) and broccolini into florets. Add to frypan with coconut milk and 1 tin water. Cover and simmer for 5-10 minutes until vegetables are just tender.



3. COOK THE NOODLES

Bring a saucepan of water to the boil. Cook noodles for 2 minutes or until just tender. Drain and rinse in cold water.



4. ADD THE FISH

Dice fish into bite-size pieces and add to curry. Simmer for a further 5 minutes or until fish is cooked through. Season to taste with salt and pepper and stir through 1 tbsp lemon juice.



5. FINISH AND PLATE

Wedge remaining lemon.

Divide noodles and curry among bowls. Spoon over curry, top with reserved spring onion tops and a wedge of lemon.



