



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



4 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
POTATOES	600g
BENGALI CURRY PASTE	2 sachets
ZUCCHINI	1
CHERRY TOMATOES	1/2 bag (200g) *
GREEN APPLE	1
DILL	1 packet
GREEK YOGHURT	1 tub (200g)
PAPADUMS	1 packet
WHITE FISH FILLETS	2 packets

*\*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 **1 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**

