



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Curry leaves

Curry leaves are from the curry tree, native to the Indian subcontinent — but it also grows well in Australia!



1 Indian-Style Fish Curry

This curry isn't spicy, yet it's full of family-friendly flavour. Made with fresh fish fillets, curry leaves and fresh veggies, served on a bed of basmati rice, topped with cashew nuts and minted yoghurt.

 30 minutes

 4 servings

 Fish

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Not feeling like curry?

You can use the veggies, cashews and diced fish to make a stir-fry instead. Season with a little sesame oil, garlic, ginger, soy sauce, and/or sweet chilli sauce, and serve over the rice.

FROM YOUR BOX

BASMATI RICE	300g
SPRING ONIONS	1/3 bunch *
CURRY LEAVES	2 stems
ZUCCHINI	1
GREEN CAPSICUM	1
CHERRY TOMATOES	1/2 bag (200g) *
MINT	1/2 bunch *
GREEK YOGHURT	1 tub (200g)
CASHEWS	1 packet (50g)
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, ground coriander, garam masala, ground turmeric (or replace all three spices with 1 1/2 -2 tbsp curry powder)

KEY UTENSILS

large frypan, saucepan

NOTES

Use the rice tub to easily measure the right amount of water.

For extra flavour and/or heat, add fresh green chilli, chilli flakes, grated ginger or crushed garlic with the aromatics.

Serve with papadums or naan if you have some.

No fish option - white fish fillets are replaced with diced chicken breast. Add to pan with vegetables at step 3.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. FRY THE AROMATICS

Heat a large frypan with **2 tbsp oil** over medium heat. Slice and add spring onions with **3 tsp coriander, 3 tsp turmeric, 3 tsp garam masala** and curry leaves (see notes). Cook for 2 minutes or until aromatic.



3. ADD THE VEGETABLES

Halve and slice zucchini, dice capsicum and halve tomatoes. Add to pan as you go with **1 1/2 cups water**. Simmer, semi-covered, for 5-8 minutes or until vegetables are just tender.



4. MAKE MINTED YOGHURT

Reserve 1/4 cup yoghurt for step 5.

Chop mint and mix with remaining yoghurt, **1 tbsp olive oil, salt and pepper.**

Roughly chop cashews.



5. ADD THE FISH

Dice the fish into bite-sized pieces, add to frypan with remaining yoghurt. Mix well, simmer for 3-4 minutes or until the fish is cooked through. Season to taste with **salt and pepper.**



6. FINISH AND PLATE

Serve fish curry and rice in bowls. Finish with a dollop of mint yoghurt and a sprinkle of cashews.

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**

