



Product Spotlight: Kaffir Lime Leaves

Kaffir lime leaves, commonly used in Thai cooking, are rich in oils so only a couple of leaves are needed to add a fragrant flavour. Keep an eye out for them in your box as they come loose.



Spicy Kaffir Lime Fish Stew

A beautifully fragrant stew, spiced with kaffir lime leaves, coriander, ginger and fresh red chilli, served with butternut pumpkin, white fish, kai lan and fresh lime.



30 minutes



2 servings



Fish

Pumpkin Soup!

Switch this dish into an aromatic, spiced pumpkin soup! Use a stick mixer to blend the ingredients at the end of step 3. Serve with pan-fried fish and a side of sautéed kai lan.

Per serve: **PROTEIN** 44g **TOTAL FAT** 12g **CARBOHYDRATES** 134g

FROM YOUR BOX

BROWN ONION	1
KAFFIR LIME LEAVES	1 double
RED CHILLI	1
CORIANDER	1 packet
GINGER	1 piece
BUTTERNUT PUMPKIN	1
TOMATOES	2
WHITE FISH	1 packet
KAI LAN	1 bunch
LIME	1

FROM YOUR PANTRY

oil for cooking, pepper, ground turmeric, coconut sugar, fish sauce (see notes)

KEY UTENSILS

saucepan, small blender

NOTES

Substitute fish sauce with soy sauce or tamari. Coconut sugar can be substituted for any sweetener of your choice.

For easy handling; roll up kaffir lime leaves then slice.

Use chilli to taste. You can omit it from the curry paste and use to serve.



1. PREPARE THE INGREDIENTS

Roughly chop onion, kaffir lime leaves (see notes) and 1/2 chilli. Pick coriander leaves (set aside), roughly chop roots and stems. Peel and roughly chop ginger. Cut pumpkin into 3-5cm pieces (use to taste) and wedge tomatoes.



4. ADD FISH AND KAI LAN

Rinse fish with cold running water. Chop into large chunks. Trim kai lan and cut into thirds. Add to stew and cook for 3-4 minutes until fish is cooked through. Add lime zest (wedge remaining) and season to taste with **fish sauce** and **pepper**.



2. MAKE THE CURRY PASTE

Add onion, kaffir lime leaves, chilli and coriander roots & stems to a small blender along with **2 tsp turmeric**, **3 tsp coconut sugar** and **2 tsp water** (see notes). Blend to smooth consistency.



5. FINISH AND SERVE

Thinly slice remaining chilli.

Ladle stew into bowls. Serve with lime wedges and garnish with chilli and coriander leaves.



3. SIMMER THE STEW

Heat a large saucepan over medium-high heat with **oil**. Add curry paste and cook for 3 minutes. Add tomatoes, pumpkin, **750ml water** and **1 1/2 tbsp fish sauce**. Reduce heat to medium and simmer, semi-covered, for 10 minutes until pumpkin is tender.



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