



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Capsicum

Red capsicum is one of the richest sources of vitamin C of any vegetable, even more than citrus. It adds natural sweetness and a pop of colour to this curry.



Somali Coconut Fish Curry

A fragrant coconut curry inspired by East African flavours, with tender white fish, sweet capsicum, spinach and warming spice, served over fluffy basmati rice.



30 minutes



Fish



4/6 servings

Switch it up!

Serve the curry with naan or flatbreads instead of rice for scooping up the coconut sauce. For a heartier meal, spoon it over roasted potatoes and finish with lemon, lime or chilli flakes if you have them.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	35g	12g/9g	65g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g + 150g
BROWN ONION	1	1
RED CAPSICUM	1	2
TOMATOES	2	3
GARLIC CLOVES	3	3
WHITE FISH FILLETS	2 packets	3 packets
SOMALI CURRY SPICE MIX	1 packet	1 packet
COCONUT MILK	400ml	400ml
BABY SPINACH	120g	120g
CORIANDER	1 packet	2 packets

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

large frypan, saucepan

NOTES

Add a squeeze of lemon or lime at the end for extra brightness, or sprinkle with chilli flakes for more heat.

Somali Curry Spice Mix: cumin, coriander, cracked black pepper, turmeric, cloves, cinnamon, cardamom



1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – use **900ml water for the rice**.



2. PREPARE THE INGREDIENTS

Dice **onion**, **capsicum** and **tomato**, crush **garlic**.

Rinse **fish fillets** with cold water, cut into large pieces and set aside.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add **prepared vegetables** and cook, stirring occasionally, for 5–6 minutes, until softened. Add **spice mix** and stir to combine well.



4. SIMMER THE CURRY

Add **coconut milk**, **1/2 tin water (200ml)** and **1 crumbled stock cube**. Rinse and stir in **baby spinach**. Cover and simmer for 5 minutes.



5. ADD THE FISH

Add **fish** and press into curry until just submerged. Simmer for 3–4 minutes or until just cooked through. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Pick **coriander leaves**.

Divide **rice** among bowls. Serve with **fish curry** and garnish with **coriander** (see notes).

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