DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Zucchini

A zucchini is a fruit although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.
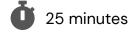
Aussie Bush Curry
with Fish

A creamy fish curry created using a blend of cardamom, desert lime and ginger from GH Produce, served with fluffy rice and finished with toasted coconut.

🕐 25 minutes   🍴 2 servings   🐟 Fish

30 June 2023

Add some extras!

This curry is also great served with some naan bread! You can garnish with some fresh coriander or toasted flaked almonds if you have some.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	47g	39g

FROM YOUR BOX

BASMATI RICE	150g
SHAVED COCONUT	1 packet
BROWN ONION	1
TOMATO	1
ZUCCHINI	1
BUSH CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml
WHITE FISH FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan with lid

NOTES

For a rich flavour in the curry, you can add 1 tbsp tomato paste if you have some.

Rinse fish fillets before cooking to remove any stray scales.

1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. TOAST THE COCONUT

Add shaved coconut to a dry frypan over medium-high heat. Toast for 5 minutes until golden. Remove and set aside (keep pan on heat).

3. SAUTÉ THE VEGETABLES

Add **oil** to pan. Slice onion and wedge tomato. Slice zucchini into crescents (use to taste). Add to pan as you go. Cook for 5 minutes. Stir in spice mix and cook for 3 minutes until fragrant.

4. SIMMER THE CURRY

Pour in coconut milk and simmer for 5 minutes. Cut fish into smaller pieces. Add to pan and simmer for a further 4-5 minutes until fish is cooked through (see notes). Season with **salt and pepper** to taste.

5. FINISH AND SERVE

Garnish curry with shaved coconut. Serve with rice.

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**