



### Product Spotlight: Island Curry Spice Mix

Influenced by islander cuisine, Glen from GH Produce has developed this full-flavoured and nutrient-dense curry spice mix, featuring native Tasmanian beach herb "Kunzea" and WA desert lime. It brings a fragrant tropical flair to this dish!



## Island Curry Fish with Rice and Apple Salsa

White fish fillets cooked in a golden island curry sauce with flavours of coconut and lime served over basmati rice and topped with fresh apple salsa.



20 minutes



2 servings



Fish

29 September 2023

## Make a curry!

*If you prefer a warmer dish, slice the fish and cook it in the pan with diced tomatoes. Simmer with the spice mix, coconut milk and 1 1/2 cups water to make a curry. Add any extra veg you may have to bulk it up.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	32g	21g	83g

## FROM YOUR BOX

BASMATI RICE	150g
LEBANESE CUCUMBER	1
RED APPLE	1
TOMATO	1
CORIANDER	1 packet
WHITE FISH FILLETS	1 packet
ISLAND CURRY SPICE MIX	1 sachet
COCONUT MILK	165ml
LIME	1

## FROM YOUR PANTRY

oil for cooking

## KEY UTENSILS

large frypan, saucepan with lid

## NOTES

If you have some, you can use coconut oil in this dish.

For an even cook, turn the fish fillets over halfway through simmering.



### 1. COOK THE RICE

Place rice in a saucepan, cover with 1.5 x amount of 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. PREPARE THE SALSA

Meanwhile, dice cucumber, apple and tomato. Chop coriander. Toss together.



### 3. COOK THE FISH

Heat a frypan over medium–high heat with **2 tbsp oil** (see notes). Coat fish with island curry spice mix. Cook for 2 minutes each side until browned.



### 4. SIMMER THE SAUCE

Add coconut milk and **1/4 cup water** to pan. Simmer uncovered for 5 minutes or until fish is cooked through (see notes). Zest lime and add to pan with juice from 1/2 lime.



### 5. FINISH AND SERVE

Divide rice and island curry fish among shallow bowls. Top with salsa.



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