



### Product Spotlight: Zucchini

A zucchini is a fruit although most times prepared and cooked as a vegetable. It is attached to an edible 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



4 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
	27g	24g	29g

## FROM YOUR BOX

BASMATI RICE	300g
SHAVED COCONUT	1 packet
BROWN ONION	1
TOMATOES	2
ZUCCHINI	1
BUSH CURRY SPICE MIX	1 sachet
COCONUT MILK	400ml
WHITE FISH FILLETS	2 packets

## 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 **600ml 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 tomatoes. Slice zucchini into crescents. 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.



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