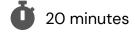




## Island Curry Fish

## 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.





4 servings



Fish

# Make a curry!

If you prefer a warmer dish, dice the fish and cook it in the pan with diced tomatoes. Simmer with the spice mix, coconut milk and 11/2 cups water to make a curry. Add any extra veg you may have to bulk it up.

#### FROM YOUR BOX

BASMATI RICE	300g
LEBANESE CUCUMBER	1
RED APPLE	1
ТОМАТО	1
CORIANDER	1 packet
WHITE FISH FILLETS	2 packets
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 all 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

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



## **5. FINISH AND SERVE**

Divide rice and curried fish among shallow bowls. Top with salsa.



