



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



4 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
	30g	12g	70g

FROM YOUR BOX

BASMATI RICE	300g
LEBANESE CUCUMBER	1
RED APPLE	1
TOMATO	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 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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