




Product Spotlight: Green Apple


"An apple a day keeps the doctor away" is known nutritious advise! Apples are packed with vitamins C & A which can help battle the cold & flu!



1 Fish Curry with Raita

A quick curry full of veggies and white fish fillets, served with red rice and a fresh apple raita.

 30 mins

 2 servings

 Fish

10 September 2021

Spice switch!

If you don't have garam masala in your pantry, swap the spices out for curry powder, or a mix of ground turmeric and ground cumin.

Per serve: **PROTEIN** 35g **TOTAL FAT** 12g **CARBOHYDRATES** 90g

FROM YOUR BOX

RED RICE	150g
SPRING ONIONS	2
CAULIFLOWER	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN BEANS	1/2 bag (75g) *
GREEN APPLE	1
NATURAL YOGHURT	1/2 tub (250g) *
WHITE FISH FILLETS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garam masala, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

For extra flavour, add 1/2 tsp (or to taste) shichimi togarashi to your rice (used in dish 4). Stir through to combine.

No fish option – white fish fillets are replaced with diced chicken breast. Add to pan at the end of step 2.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse with cold water (see notes).



2. FRY THE AROMATICS

Heat a large frypan over medium–high heat with **oil**. Slice and add spring onions to pan with **1 tbsp garam masala and 1 tsp turmeric**. Cook for 2–3 minutes or until aromatic.



3. ADD THE VEGETABLES

Cut cauliflower into florets, halve cherry tomatoes, slice and trim green beans. Add to pan as you go along with **1 cup water**. Simmer, semi-covered, for 5–8 minutes or until vegetables are just tender.



4. MAKE THE RAITA

Grate or finely dice the apple. Mix with yoghurt, **1 tbsp olive oil, salt and pepper**.



5. ADD THE FISH

Cut fish into bite-sized pieces and add to pan. Stir and cook for 3–4 minutes until cooked through. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Spoon rice into bowls. Evenly divide curry and top with raita.

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

