



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Curry Leaves

Curry leaves come from a tree in the citrus fruit family. They release a deliciously nutty aroma when cooked and are a staple in South Indian cooking.



1 Curried Fish with Rice Pilaf

White fish fillets cooked in curry powder, served on a fragrant rice pilaf with vegetables, currants and almonds.

 30 minutes

 4 servings

 Fish

3 December 2021

Use it up!

This dish is a great vessel for using up bits and pieces. If you have spare veggies like zucchini or sweet potato, grate them and add them in. Even other nuts or dried fruit would work well in this dish.

Per serve: **PROTEIN** 27g **TOTAL FAT** 2g **CARBOHYDRATES** 70g

FROM YOUR BOX

RED RICE	1 packet (300g)
CELERY STICKS	2
CURRY LEAF FRONDS	2
CURRANT + ALMOND MIX	1 packet (30g)
GREEN BEANS	1 bag (150g)
CARROTS	2
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, curry powder, apple cider vinegar

KEY UTENSILS

2 frypans, saucepan

NOTES

If you wanted to add extra aromatics to this dish you could include cumin seeds, ginger, garlic, garam masala, mustard seeds, cardamom pods or cinnamon sticks.

Instead of pan-frying the fish, you could cook it on the BBQ or in the oven.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. COOK THE AROMATICS

Heat a large frypan over medium-high heat with **oil/butter**. Thinly slice celery. Add to pan along with curry leaves, currant and almond mix and **1 tbsp curry powder** (see notes). Toast for 1-2 minutes until fragrant.



3. TOSS THE RICE

Trim and slice green beans and grate carrots. Toss through aromatics along with rice. Cook for a further 2-3 minutes. Season with **3 tsp vinegar, salt and pepper**.



4. COOK THE FISH

Heat a frypan over medium-high heat with **oil** (see notes). Coat fish with **oil, 2 tsp curry powder, salt and pepper**. Cook for 2-4 minutes each side or until cooked through. Remove from pan.



5. FINISH AND SERVE

Divide rice among plates. Serve with fish fillets.

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**

