



Thai Yellow Fish Curry

with Kaffir Lime & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Ginger



Garlic



Brown Onion



Kaffir Lime Leaves



Asian Greens



Lime



White Fish Fillets



Yellow Curry Paste



Coconut Cream



Crispy Shallots

Hands-on: **25-35** mins
Ready in: **35-45** mins

Spicy (yellow curry paste)

Eat me first

Use curry paste (remember to add less if you like it mild), rich coconut cream and kaffir lime leaves to create an aromatic base, then let tender fish simmer for a few minutes to make this heavenly dish.

Pantry items

Olive Oil, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

You will need

Medium saucepan with a lid
Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
brown onion	1	2
kaffir lime leaves	2 leaves	4 leaves
Asian greens	1 bunch	2 bunches
lime	½	1
white fish fillets	1 packet	1 packet
yellow curry paste	1 tub (25g)	1 tub (50g)
coconut cream	1 box (200ml)	2 boxes (400ml)
soy sauce*	2 tsp	1 tbs
water* (for the curry)	½ cup	1 cup
crispy shallots	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3650kJ (873Cal)	601kJ (144Cal)
Protein (g)	40.7g	6.7g
Fat, total (g)	39.8g	6.6g
- saturated (g)	26.2g	4.3g
Carbohydrate (g)	78.1g	12.8g
- sugars (g)	8.8g	1.5g
Sodium (g)	1210mg	199mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the rice

In a medium saucepan, add the **water (for the rice)** and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered until the rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



2. Get prepped

While the rice is cooking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Very finely chop the **kaffir lime leaves**. Roughly chop the **Asian greens**. Slice the **lime (see ingredients list)** into wedges. Cut the **white fish fillets** into 2cm pieces.

TIP: Kaffir lime leaves have a fibrous texture so make sure you chop them very finely.



3. Start the curry

SPICY! The curry paste is spicy so use a little less if you prefer your curry mild. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add a **drizzle** more **olive oil** and the **ginger, garlic** and **yellow curry paste** and cook until fragrant, **1-2 minutes**.



4. Make it saucy

Add the **coconut cream, soy sauce, water (for the curry), kaffir lime leaves** and **Asian greens** to the frying pan and bring to a simmer.



5. Add the fish

Add the **fish** to the curry and stir to combine. Cover with a lid or foil and cook until the fish is just cooked through, **4-5 minutes**.

TIP: The fish is cooked through when it turns from translucent to white.



6. Serve up

Divide the rice between bowls and top with the Thai yellow fish curry. Sprinkle with the **crispy shallots** and serve with the lime wedges.

Enjoy!