



# Basa Tikka Masala with Cumin Rice and Spinach

Classic 20-25 Minutes • Mild Spice

6



Jasmine Rice



White Cumin  
Seeds



Garlic Clove



Basa Fillets



Tikka Masala  
Paste



Tomato Puree



Creme Fraiche



Baby Spinach

#### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Saucepan, lid, garlic press and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
White Cumin Seeds	1 sachet	2 sachet	2 sachets
Garlic Clove**	2	3	4
Basa Fillets** 4)	2	3	4
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Crema Fraiche** 7)	75g	150g	150g
Baby Spinach**	40g	100g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Curry*	150ml	225ml	300ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3178 /759	579 /138
Fat (g)	37.3	6.8
Sat. Fat (g)	15.9	2.9
Carbohydrate (g)	73.0	13.3
Sugars (g)	7.7	1.4
Protein (g)	31.9	5.8
Salt (g)	2.71	0.49

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 4) Fish 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


## Contact

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1



## Cook the Cumin Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice, cumin seeds** and ¼ **tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

4



## Add the Basa

Add the **basa pieces** to the **sauce** and stir to coat. Season with **salt** and **pepper**.

Simmer gently until the **fish** is cooked, 5-8 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*

2



## Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Pat the **basa** dry with kitchen paper and cut into 4cm chunks. Season with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*

5



## Wilt the Spinach

When the **fish** is cooked, add the **spinach** to the pan a handful at a time until wilted, 1-2 mins.

Gently stir through the **butter** (see pantry for amount) until melted, 1 min more.  
Taste and season with **salt** and **pepper** if needed.

3



## Curry Up

Pop a large saucepan on medium-high heat with a drizzle of **oil**.

Once hot, add the **tikka masala paste, tomato puree** and **garlic**. Cook, stirring, until fragrant, 1 min.

Stir in the **creme fraiche, sugar** and **water for the curry** (see pantry for both amounts). Bring to the boil, then lower the heat to medium.

6



## Serve Up

Fluff up the **rice** using a fork and share between your bowls.

Top with your **basa tikka masala**.

**Enjoy!**