



Creamy Sea Bass Tikka Masala

with Spinach and Basmati Rice

Classic 35-40 Minutes • Mild Spice

6



Basmati Rice



Garlic Clove



Sea Bass Fillets



Curry Powder Mix



Tomato Puree



Tikka Masala Paste



Creme Fraiche



Baby Spinach



Steamed Basmati Rice

Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

⚡ Make it Quick

If you chose to make this recipe quicker, then just follow the instructions on the back of this card.

Happy cooking!

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, bowl, baking paper, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Sea Bass Fillets** 4)	2	3	4
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Tikka Masala Paste	75g	112g	150g
Crème Fraîche** 7)	75g	120g	150g
Baby Spinach**	40g	100g	100g
Steamed Basmati Rice**	1 pouch	2 pouches	2 pouches
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Marinade*	¾ tbsp	1 tbsp	1½ tbsp
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	538g	100g	438g	100g
Energy (kJ/kcal)	2786 / 666	518 / 124	2432 / 581	556 / 133
Fat (g)	29.3	5.5	31.1	7.1
Sat. Fat (g)	10.5	2.0	11.0	2.5
Carbohydrate (g)	76.9	14.3	14.1	3.2
Sugars (g)	8.9	1.7	8.5	1.9
Protein (g)	26.7	5.0	24.3	5.5
Salt (g)	2.28	0.42	2.30	0.53

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Rice

Preheat your oven to 220° C/200° C fan/gas mark 7.

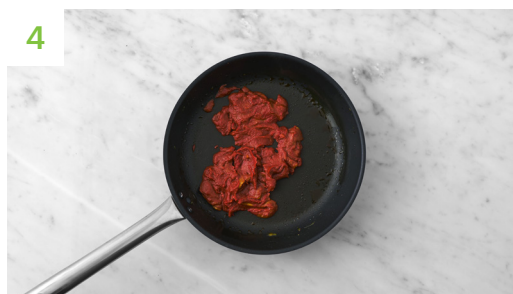
Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** 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).

Make it Quick

If you've chosen the quick version, cook the **rice** according to pack instructions, then set aside still serving.



Spice Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **garlic**, **tomato puree** and **tikka masala paste**. Stir-fry until fragrant, 1 min.

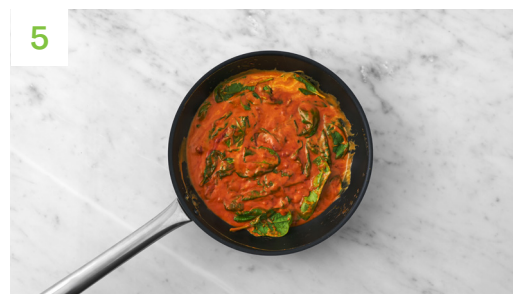


Marinate the Fish

While the **rice** cooks, peel and grate the **garlic** (or use a garlic press).

Pop the **sea bass** into a medium bowl with the **olive oil for the marinade** (see pantry for amount) and the **curry powder mix**.

Season with **salt** and **pepper**, then mix well to coat the **fish**. **IMPORTANT: Wash your hands and equipment after handling raw fish.**



Make the Curry Sauce

Stir the **crème fraiche**, **sugar** and **water for the sauce** (see pantry for both amounts), into the **spices**. Simmer until thickened, 5-6 mins.

Add the **spinach** to the **sauce** a handful at a time until wilted and piping hot, 1-2 mins.

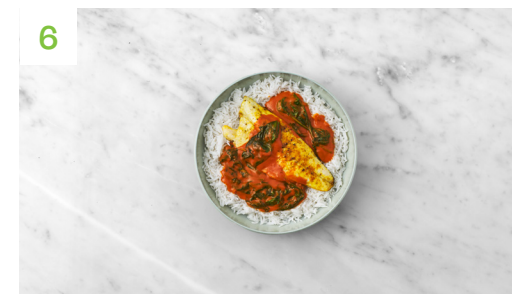
Taste and season with **salt** and **pepper**, then remove from the heat. Add a splash of **water** if the **sauce** is a little thick.



Time to Bake

Lay the **sea bass**, skin-side down, onto a lined baking tray.

Bake the **fish** on the top shelf of your oven until cooked through, 10-15 mins. **IMPORTANT: The fish is cooked when opaque in the middle.**



Serve

When everything's ready, fluff up the **rice** with a fork, then share between your bowls.

Spoon over the **curry sauce** and top with the **fish**.

Enjoy!