



# Basa Masala

with Basmati Rice and Peas

**Quick** 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

6



Basmati Rice



Basa Fillets



Curry Powder Mix



Korma Curry Paste



Tomato Passata



Vegetable Stock Paste



Peas



Masala curries are versatile tomato-based dishes that work with a variety of proteins and vegetables. Here, we're using basa, a white fish perfect for soaking up the delicious flavour of the masala curry sauce.

**Pantry Items**

Oil, Salt, Pepper, Honey



## 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

Kettle, saucepan, sieve, lid, kitchen paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Basa Fillets** 4)	2	3	4
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste 9)	50g	75g	100g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	150ml	225ml	300ml
Honey*	½ tbsp	¾ tbsp	1 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>471g</b>	<b>100g</b>
Energy (kJ/kcal)	2660 /636	564 /135
Fat (g)	10.0	2.1
Sat. Fat (g)	2.0	0.4
Carbohydrate (g)	85.6	18.2
Sugars (g)	14.5	3.1
Protein (g)	34.5	7.3
Salt (g)	3.91	0.83

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

## Allergens

### 4) Fish 9) Mustard

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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## Boil the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Simmer Time

- Stir in the **passata**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil.
- Lower the heat to medium and add the **basa pieces** to the **sauce**, stirring 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.*



## Prep the Fish

- Meanwhile, pat the **basa** dry with kitchen paper.
- Cut the **basa** into **4cm pieces**. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



## Peas Please

- Stir the **peas** and **honey** (see pantry for amount) into the **curry**.
- Taste and season with more **salt** and **pepper** if needed.
- Add a splash of **water** if it's a little too thick.



## Curry Up

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **curry powder** and **korma curry paste**. Fry until fragrant, 1 min.



## Serve

- Share the **rice** between your serving bowls.
- Spoon over your **basa masala**.

## Enjoy!