



# Red Thai Inspired Fish Curry

with Peas and Jasmine Rice

Calorie Smart 20-25 Minutes • Medium Spice • Under 650 Calories

28



Jasmine Rice



Fish Pie Mix



Red Thai Style Paste



Thai Style Spice Blend



Coconut Milk



Soy Sauce



Peas



Red chillies give Thai Red its signature colour, as well as its flavour and heat! Here, our Red Thai Inspired Fish Curry is loaded with salmon, cod and smoked haddock in a curried coconut milk base.

#### Pantry Items

Oil, Salt, Pepper, Sugar

## 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 and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Fish Pie Mix** 4)	1 pack	1 pack	2 packs
Red Thai Style Paste	50g	75g	100g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Peas**	120g	240g	240g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	361g	100g
Energy (kJ/kcal)	2578 /616	715 /171
Fat (g)	22.7	6.3
Sat. Fat (g)	14.5	4.0
Carbohydrate (g)	72.8	20.2
Sugars (g)	7.6	2.1
Protein (g)	30.5	8.5
Salt (g)	3.58	0.99

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

## Allergens

4) Fish 11) Soya 13) Cereals containing gluten

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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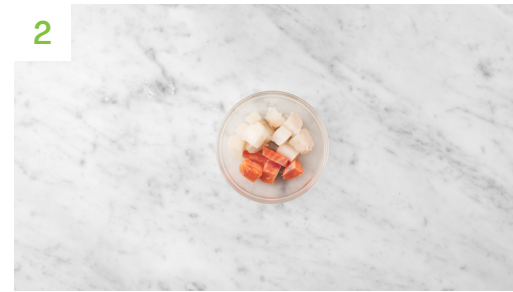
## Cook the Rice

- 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 12-13 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.



## Time to Poach

- Gently stir the **fish pie mix** into the **curry sauce**.
- Lower the heat and simmer gently, stirring occasionally, until the fish is cooked, 5-8 mins. **IMPORTANT:** *The fish is cooked when opaque in the middle.*
- Once cooked, add the **peas** and simmer until piping hot, 1-2 mins.



## Prep the Fish

- Meanwhile, drain the **fish** and pat dry with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Add the **red Thai style paste** and **Thai style spice blend**. Cook until fragrant, 1-2 mins.



## Finishing Touches

- When everything's ready, fluff up the **rice** with a fork.
- Taste the **curry** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



## Curry On

- Add the **coconut milk**, **soy sauce** and **sugar for the sauce** (see pantry for amount) to the pan.
- Stir to combine and bring to the boil.



## Serve Up

- Share the **rice** between your bowls.
- Top with the **fish curry**.

Enjoy!