



# Fish Tikka Masala

with Basmati Rice and Spinach

**Quick** 20-25 Minutes • Mild Spice

48



Basmati Rice



Garlic Clove



Fish Pie Mix



Tomato Puree



Curry Powder Mix



Tikka Masala Paste



Creme Fraiche



Vegetable Stock Paste



Baby Spinach



Toasted Flaked Almonds



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

#### Pantry Items

Oil, Salt, Pepper, Butter, 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, garlic press and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	1	2	2
Fish Pie Mix** 4)	1 pack	1 pack	2 packs
Tomato Puree	30g	45g	60g
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Tikka Masala Paste	75g	112g	150g
Creme Fraiche** 7)	75g	120g	150g
Vegetable Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g
Honey*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	3059 /731	774 /185
Fat (g)	32.7	8.3
Sat. Fat (g)	14.1	3.6
Carbohydrate (g)	81.8	20.7
Sugars (g)	13.7	3.5
Protein (g)	31.7	8.0
Salt (g)	4.27	1.08

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

## Allergens

2) Nuts 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

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve, then pop it on top of the pan and allow to steam until ready to serve.



## Add the Fish

- Stir in the **creme fraiche**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring up to the boil.
- Gently stir through the **fish pie mix**.
- 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.*



## Prep Time

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain the **fish pie mix** and pat dry with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



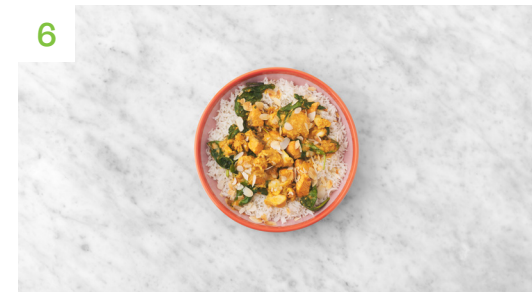
## Finishing Touches

- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir in the **butter** and **honey** (see pantry for both amounts) into the **curry** until melted. Taste and season with **salt** and **pepper** if needed.
- Fluff up the **rice** with a fork.



## Curry Up

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Stir in the **tomato puree**, **curry powder mix**, **garlic** and **tikka masala paste**. Stir-fry until fragrant, 1-2 mins.



## Serve Up

- Share your **rice** between bowls and top with the **fish curry**.
- Sprinkle over the **toasted flaked almonds** to finish.

Enjoy!