



UCOOK

Sri Lankan Fish Curry

with brown basmati rice, zesty carrot salad & spinach

Curry up your night with this delicious number, fluffy brown rice topped with balti-spiced fish curry and zingy spinach and grated carrots. Served on a bed of spinach. Due to seasonality, we've had to sub the limes for lemons but don't fret; there's no skimping on flavour!

Hands-On Time: 60 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Megan Bure

♥ Health Nut

🍷 Haute Cabrière | Chardonnay Unwooded

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Brown Basmati Rice
2	Lemons <i>zested & cut into wedges</i>
60ml	Spice & All Things Nice Balti Curry Paste
4	Line-caught Hake Fillets <i>cut into bite sized pieces</i>
40ml	Vegetable Stock
960g	Carrot <i>peeled, ½ diced & ½ grated</i>
160g	Spinach <i>rinsed</i>
40g	Cashew Nuts
2	Onions <i>peeled & finely sliced</i>
2	Fresh Chillies <i>deseeded & finely sliced</i>
400g	Cooked Chopped Tomato
400ml	Coconut Cream
10g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. FLUFFY RICE Boil the kettle. Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. MARINATION Mix the juice of 6 lemon wedges, a drizzle of oil and ½ of the balti curry paste in a large bowl with a pinch of salt. Add the hake pieces and carefully toss in the marinade. Cover and chill. Dilute the stock with 300ml of boiling water. In a salad bowl, place the grated carrots with ½ of the rinsed spinach, a pinch of lemon zest, seasoning and a squeeze of lemon juice.

3. TOASTY NUTS Place the cashews in a pot, large enough for the curry, over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. CURRY ON THE GO Return the pot over a medium heat with a drizzle of oil. When hot, fry the sliced onions and diced carrots for 5-6 minutes until the onions are soft. Add ¾ of the sliced chilli, remaining balti curry paste and fry for 1-2 minutes until fragrant. Add the cooked chopped tomato and cook for 5-6 minutes stirring occasionally. Stir through the coconut cream and diluted stock. Reduce the heat and simmer for 8-10 minutes until thickened slightly. Season and add a sweetener of choice.

5. POACHED HAKE Submerge the hake pieces into the sauce along with all the marinade. Gently poach for 5-6 minutes until the fish is cooked and starting to flake. In the final 1-2 minutes, add the remaining spinach and cook until it wilts.

6. YUMMY Make a bed of nutty brown rice, ladle over the hot fish curry and lots of sauce. Side with zingy spinach and grated carrots salad. Garnish with the chopped coriander, remaining fresh chilli if you'd fancy and any remaining lemon wedges. Dig in, Chef!



Chef's Tip

Always add curry paste to your taste preference – When the sauce is nearing completion, taste to test the spice levels. If you'd like to increase the heat, gradually stir in any remaining curry paste.

Nutritional Information

Per 100g

Energy	434kj
Energy	104Kcal
Protein	4.7g
Carbs	13g
of which sugars	2.8g
Fibre	2g
Fat	3.7g
of which saturated	2.2g
Sodium	221mg

Allergens

Allium, Sulphites, Fish, Tree Nuts

Cook
within 1
Day