



U COOK

— COOKING MADE EASY

Sri Lankan Fish Curry

with hake fillet, coconut cream & fresh lime

A must for any curry enthusiast! Morsels of lime-marinated hake, bathed in a luxurious coconut cream and tomato curry with fresh chilli and garlic. It cascades over a bed of coriander-laced brown basmati rice and is artfully paired with a tangy carrot sambal.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure



Health Nut

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Ingredients & Prep

75ml	Brown Basmati Rice
15ml	Spice and All Things Nice Balti Curry Paste
1	Lime <i>cut into wedges</i>
1	Hake Fillet <i>sliced into bite-size chunks</i>
5ml	Vegetable Stock
240g	Carrot <i>peeled</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
1	Onion <i>one half peeled & finely sliced</i>
200g	Cooked Chopped Tomatoes
100ml	Coconut Cream

From Your Kitchen

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

1. COOK UP SOME RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 250ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 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. Drain on completion if necessary and fluff up with a fork.

2. MARINATE THE FISH Boil the kettle. In a bowl, combine half of the curry paste with the juice of 2 lime wedges and a pinch of salt. Gently toss through the chunks of hake until coated and set aside to marinate. Dilute the stock with 100ml of boiling water and set aside.

3. SASSY SAMBAL Roughly dice three-quarters of the peeled carrot and set aside. Finely grate the remainder and place in a bowl. Add in half of the chopped coriander and a squeeze of lime juice to taste. Toss to combine, season to taste, and set aside for serving.

4. GET THE CURRY GOING Place a pot over a medium heat. Add a drizzle of oil, the remaining curry paste, the grated garlic, and the chopped chilli to taste. Fry for a minute until fragrant, shifting constantly. Add the sliced onion and diced carrot and sauté for 3-4 minutes until softened. Stir in the cooked chopped tomatoes and cook for 5-8 minutes until slightly reduced, stirring occasionally.

5. FLAKEY HAKE Once the tomatoes have reduced, pour in the coconut cream and diluted stock. Give it a good stir, bring to a simmer, and cook for 5-6 minutes until thickened and silky. On completion, add in the marinated hake and fully submerge in sauce. Lower the heat and poach for 4-5 minutes until cooked through and flakey, shifting gently and only occasionally. Remove from the heat on completion and season with salt, pepper, and a sweetener of choice to taste. Toss the remaining chopped coriander through the cooked rice.

6. SRI LANKAN FEAST Dish up a mound of coriander basmati rice. Cover in the fragrant fish curry and garnish with any remaining fresh chilli to taste. Serve with the tangy carrot sambal on the side. Dig in, Chef!



Chef's Tip

One medium carrot contains almost 90% of the RDA of vitamin A! Grate up fresh carrot and add it to salads or slaws for a colour and nutrient boost. Or, if you're roasting a tray of veg, why not chuck in a couple of carrots as well!

Nutritional Information

Per 100g

Energy	389kJ
Energy	93Kcal
Protein	4.4g
Carbs	12g
of which sugars	3g
Fibre	2g
Fat	2.9g
of which saturated	1.9g
Sodium	249mg

Allergens

Allium, Sulphites, Fish

Cook
within 1
Day