



**GLUTEN
FREE**

South Indian Curried Fish

with Zucchini and Jasmine Rice



30-40min



2 Servings

This light and bright dish makes it easy to be green! Flaky cod is lightly cooked in a curried broth with zucchini, onion, garlic, and ginger. Cutting the zucchini and the fish to similar sized pieces ensures a uniform and easy bite. Trust us, with fluffy white rice and fresh cilantro, you'll want to get a little of everything on your spoon. Cook, relax, and enjoy!

What we send

- medium yellow onion
- cilantro
- jalapeno
- jasmine rice
- zucchini
- large cloves garlic
- fresh ginger
- curry powder
- coconut milk

What you need

- coarse salt

Tools

- fine-mesh sieve
- large skillet
- medium skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 780.0kcal, Fat 26.9g, Proteins 48.8g, Carbs 82.5g



1. Cook rice

In a small saucepan, combine **rice**, 1½ cups **water**, and ½ teaspoon **salt** and bring to a boil. Reduce to a simmer, cover and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat and set aside.



2. Prep ingredients

Meanwhile, halve, peel, and thinly slice **onion**. Trim ends of **zucchini** and cut into ¼-inch rounds. Peel and finely chop **garlic** and **ginger**. Pick **cilantro leaves** from stems and finely chop **stems** (reserve **leaves** for garnish). Thinly slice **jalapeño** (remove seeds for less heat).



3. Cook onion

Heat 2 tablespoons **oil** in a large skillet over medium. Add **onion** and ¼ teaspoon **salt**. Cook, stirring, until golden and softened, 3-4 minutes.



4. Add aromatics

Add **zucchini**, **garlic**, **ginger**, **curry powder**, and ½ teaspoon **salt**. Cook, stirring, until fragrant, about 1 minute.



5. Add liquid

Add **coconut milk** and ¾ cup **water**. Bring to a simmer and cook until flavors meld, about 3 minutes.



6. Cook fish

Cut **cod** into 1½-inch pieces and season with ¼ teaspoon **salt**. Add cod and chopped **cilantro stems** to the skillet and cook until cod is opaque and just cooked through, 5-7 minutes. Season to taste with **salt**. Fluff **rice** with a fork. Serve **curry** over rice and garnish with **cilantro leaves** and **sliced jalapeño**. Enjoy!