

# MARLEY SPOON



## South Indian Curried Fish

with Flatbread



20-30min



2 Portions

Tantalise all of your senses with this fragrant Indian fish curry that's bursting with flavour and aroma. The spices will fill your kitchen with amazing scents that will transport you across the Indian Ocean, but once you take one mouthful of this delicious curry, you'll never want to come back home.

## What we send

- hake <sup>4</sup>
- Goan curry paste
- pita bread <sup>1,6</sup>
- coconut milk
- coriander, 1 long green chilli
- zucchini
- onion

## What you'll require

- salt
- spray oil
- vegetable oil

## Utensils

- large saucepan
- medium frypan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Fish (4), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 620.0kcal, Fat 23.5g, Proteins 43.0g, Carbs 55.4g



### 1. Prepare ingredients

Thinly slice the **onion**. Chop the **zucchini** into rounds. Pick the **coriander** leaves. Finely chop the stems. Thinly slice the **chilli**.



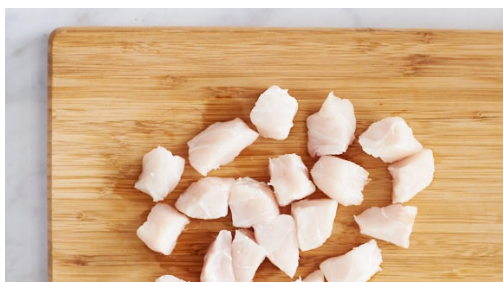
### 2. Cook veggies

Heat 2 tbs **oil** in a large frypan over medium heat. Cook the **onion**, stirring for 3-4 mins until softened.



### 3. Add curry paste

Add the **zucchini** and **Goan curry paste**. Cook stirring, for 1 min then add the **coconut milk** and 180ml (¾ cup) warm water. Simmer for 3 mins to allow the flavours to develop.



### 4. Prepare fish

Meanwhile, cut the **fish** into 2cm chunks.



### 5. Cook fish

Add the **fish** and chopped **coriander stems** to the pan and cook for a further 5 mins or until the fish is just cooked. Season the **curry** with **sea salt** to taste.



### 6. Get ready to serve

Lightly spray the **bread** with **oil** and heat the bread in a medium frypan over high heat for 1 min each side or until golden and starting to crisp. To serve, garnish the curry with **coriander leaves** and **chilli** and serve the warm bread alongside.