

MARLEY SPOON



Fish Red Curry

with Pumpkin and Sesame Rice



20-30min



2 Portions

Our take on this Thai favourite is the perfect way to warm up on a cold night. You'll notice we say to scrunch the kaffir lime leaves in the recipe: don't skip this step! By doing so, the herb's beautiful, soft citrus flavour is released into the coconut curry mixture, giving the dish lots of depth and fragrance.

What we send

- butternut pumpkin
- white fish fillet ⁴
- kaffir lime leaves
- vegetable stock cube
- coconut milk
- red curry paste ⁶
- jasmine rice
- green peas
- sesame oil ¹¹
- black sesame seeds ¹¹

What you'll require

- boiling water
- soy sauce ⁶
- sugar
- vegetable oil
- water

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 720kcal, Fat 24.0g, Carbs 89.8g, Proteins 31.1g



1. Cook rice

Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce heat to low and cook for 12 mins or until tender and water has absorbed. Turn off the heat and stand, covered, for at least 5 mins.



4. Start curry

Heat **2 tsp vegetable oil** in a wok or deep frypan over medium heat and cook **half the red curry paste** (the remaining paste won't be used in this dish) for 2-3 mins until fragrant. Add the **stock mixture** and bring to the boil. Add the **pumpkin** and **lime leaves** and cook over medium heat for 10 mins or until tender.



2. Prepare pumpkin

Meanwhile, peel the **pumpkin** and cut the flesh into 2cm chunks. Scrunch up the **kaffir lime leaves** to release the flavour.



5. Add fish

Meanwhile, cut the **fish** into 2cm chunks. Add the **fish** and **peas** to the pan and simmer over low heat for 3-4 mins until the fish is just cooked. Discard the **lime leaves**.



3. Prepare stock

Crumble **one of the stock cubes** into a heatproof jug, add **250ml (1 cup) boiling water** and stir to combine. Stir in **250ml (1 cup) coconut milk**, **1 tbs soy sauce** and **1 tsp sugar**. Stir well to combine (the remaining stock cube and coconut milk won't be used in this dish).



6. Get ready to serve

Stir the **sesame oil** and **2 tsp sesame seeds** into the rice. Divide the **rice** and **curry** among bowls and scatter over the **remaining sesame seeds** to serve.

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 **Packed in Australia**
from at least **35%**
Australian ingredients