

# MARLEY SPOON



## Fish Red Curry

with Pumpkin and Sesame Rice



20-30min



4 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

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

## What you'll require

- boiling water
- soy sauce <sup>6</sup>
- 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 705kcal, Fat 22.2g, Carbs 89.5g, Proteins 30.9g



### 1. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml 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 **1 tbs vegetable oil** in a wok or deep frypan over medium heat and cook the **red curry paste** 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 the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to combine. Stir in the **coconut milk**, **2 tbs soy sauce** and **2 tsp sugar**. Stir well to combine.



### 6. Get ready to serve

Stir the **sesame oil** and **1 tbs 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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from at least 30%  
**Australian ingredients**