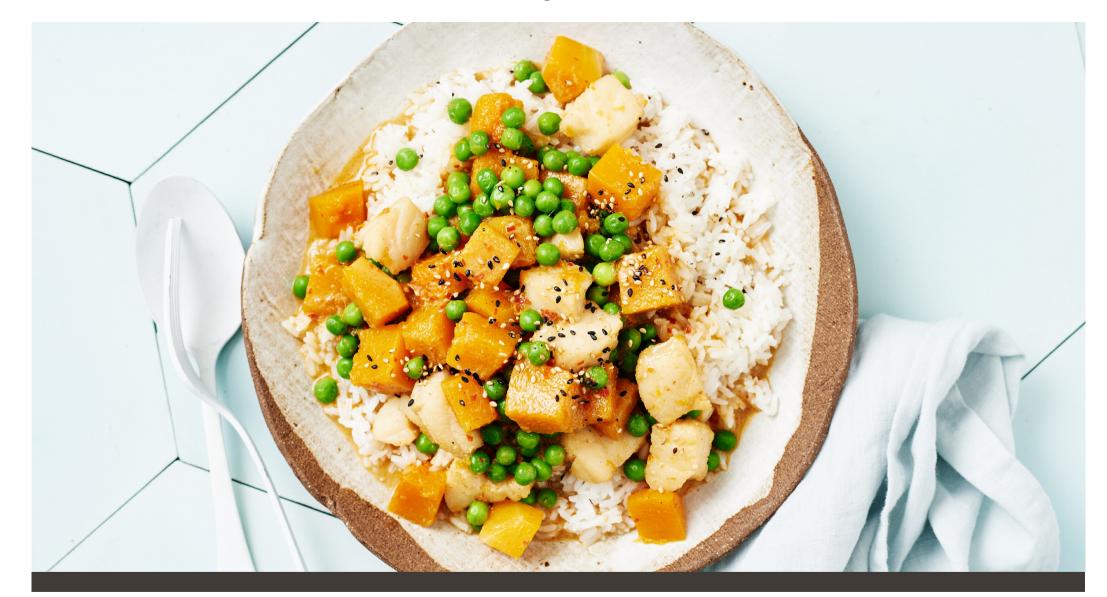
MARLEY SPOON



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 ⁴
- butternut pumpkin
- kaffir lime leaves
- coconut milk
- red curry paste ⁶
- jasmine rice
- green peas
- sesame oil 11
- 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 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.



2. Prepare pumpkin

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



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.



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.



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**.



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.

