



Indian Fish Pilaf

with Currants and Coriander Yoghurt



20-30min



2 Portions

Indian food doesn't have to mean hot curry heat. Here, cardamom and cinnamon work their fragrant magic with basmati rice while cumin and turmeric bring another dimension to roasting carrot and cauli. And a full-flavoured fish marinade. Put everything all together, with some coriander yoghurt on the side, and you've got a delicious, satisfying meal that everyone will love.

What we send

- basmati rice
- ground cinnamon
- green cardamom pods
- turmeric
- ground cumin
- cauliflower
- carrot
- Greek-style yoghurt ⁷
- coriander
- dried currants
- white fish fillets ⁴

What you'll require

- sea salt and pepper
- vegetable oil
- water

Utensils

- baking paper
- medium frypan
- oven tray

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

Cooking tip

To crack the cardamom pods, gently bash with a rolling pin. The remaining cardamom, cinnamon, cumin and turmeric won't be used in this dish.

Allergens

Fish (4), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 600kcal, Fat 19.1g, Carbs 74.4g, Proteins 28.7g



1. Cook rice

Preheat oven to 200C. Rinse **rice** until water runs clear. Put in a small saucepan with **250ml (1 cup) water**, **4 cracked cardamom pods** and **¼ tsp cinnamon** (see cooking tip). Bring to a simmer over medium heat, cover, then reduce heat to very low. Cook for 12 mins or until rice is tender and the water is absorbed. Remove from heat and stand, covered, until needed.



4. Roast vegetables

Roast the **vegetables** for 16-18 mins until tender and golden. Meanwhile, heat a medium frypan over medium heat. Cook the **fish** for 2-3 mins each side until golden and just cooked through. Remove from the pan and cover to keep warm.



2. Prepare ingredients

Meanwhile, line an oven tray with baking paper. Cut the **cauliflower** into florets. Peel the **carrot** and cut into batons. Put the vegetables on the lined tray. Finely chop the **coriander**, including the stems. Cut the **fish** into 2 even-sized pieces and put in a shallow dish.



5. Make coriander yoghurt

Combine **half the yoghurt** (the remaining yoghurt won't be used in this dish), the **remaining coriander** and a **pinch of salt** in a small bowl.



3. Marinate fish

Combine **2 tbs vegetable oil**, **1 tsp turmeric**, **½ tsp cumin** (see cooking tip) and **half the chopped coriander** in a small bowl. Season with **salt and pepper**. Pour **half the marinade** over the cauliflower and carrots and toss to combine. Pour the **remaining marinade** over the fish, turn to coat and season with **salt and pepper**.



6. Get ready to serve

Remove the **cardamom pods** from the rice, then fluff with a fork and stir in the **currants**. Divide the **rice**, **fish** and **roasted vegetables** among plates. Drizzle over the **coriander yoghurt** to serve.