

Printfid00190hero mildcoconutfishcurry 401 badge

## Mild Coconut Fish Curry

with Noodles



20-30min



4 Portions

Tantalise all of your senses with this fragrant 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

- sambal oelek
- vermicelli noodles
- green peas
- coconut milk
- Thai green curry paste
- chicken stock powder
- broccoli
- hake <sup>4</sup>

## What you'll require

- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- paper towel

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

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

## Nutrition per serving

Energy 570.0kcal, Fat 10.6g, Proteins 40.9g, Carbs 72.9g



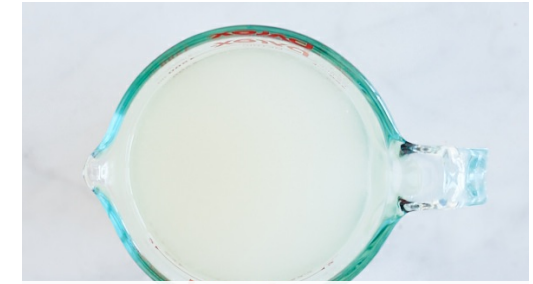
### 1. Prepare fish

Wash and dry the **fish** with paper towel. Cut into 4cm cubes.



### 2. Prepare vegetables

Bring a kettle to the boil. Trim the **broccoli** and cut into small florets.



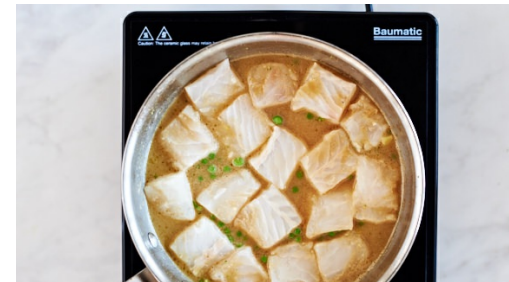
### 3. Prepare stock

Dissolve the **chicken stock powder** in 500ml (2 cups) boiling water.



### 4. Start cooking

Heat 1 tbs **oil** in a wok or deep frypan over medium heat and add the **curry paste**. Fry for 1 min or until fragrant. Add the **coconut milk, stock, 2 tbs soy sauce** and 1 tbs **sugar**. Bring to the boil. Reduce heat and simmer for 15 mins.



### 5. Cook fish

Bring the kettle to the boil again for the noodles. Add the **broccoli** to the wok and cook for 2 mins. Add the **peas** and nestle the **fish** in amongst the vegetables. Cover and cook for a further 2 mins.



### 6. Cook noodles

Meanwhile, place the **noodles** in a heatproof bowl and cover with boiling water. Stand for 5 mins or until tender. Drain. Divide the noodles between 4 bowls and spoon over the **fish curry**. Serve with the **sambal oelek** on the side.