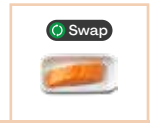




# SuperQuick South Indian-Style Tilapia Curry with Buttery Basmati Rice

15 Minutes



Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Salmon Fillets, skin-on  
250 g | 500 g



Tilapia  
300 g | 600 g



Tikka Sauce  
½ cup | 1 cup



Cumin-Turmeric  
Spice Blend  
1 ½ tsp | 3 tsp



Basmati Rice  
¾ cup | 1 ½ cups



Ginger-Garlic  
Puree  
2 tbsp | 4 tbsp



Cilantro  
7 g | 14 g



Greek Yogurt  
1 | 2



Green Peas  
56 g | 113 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Oil, salt, pepper, unsalted butter, sugar

**Cooking utensils** | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, whisk

1



### Cook rice and peas

- Before starting, preheat the broiler to high. Add 1 ¼ cups (2 ½ cups) water and ½ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
  - Wash and dry all produce.
- Once water is boiling, add **rice** and **peas** to the water. Reduce heat to low.
  - Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min. Remove from heat.
  - Set aside, still covered.

4



### Make sauce

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **ginger-garlic puree**. Cook, stirring constantly, until fragrant, 1 min.
- Add **tikka sauce**, **½ tsp** (¼ tsp) **sugar** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until warmed through, 1-3 min.

2



### Prep

- Meanwhile, roughly chop **cilantro**.
- Add **cilantro** and **yogurt** to a small bowl. Season with **salt** and **pepper**, then whisk to combine. Set aside.

5



### Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter**.
- Divide **rice** between bowls, then top with **tilapia** and **sauce**.
- Dollop **cilantro yogurt** over top.

3



### Prep and broil fish

- Toss **tilapia** with **½ tbsp** (1 tbsp) **oil** and **Cumin-Turmeric Spice Blend** on an unlined baking sheet. Season with **salt** and **pepper**.
- Broil in the **middle** of the oven until **tilapia** is opaque and cooked through, 5-6 min.\*\*

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Prep and broil salmon

Swap | **Salmon Fillets, skin-on**

If you've opted for **salmon**, cook it in the same way the recipe instructs you to cook the **tilapia**. Increase roast time to 8-10 min.\*\*

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.