



NUTRITION *per serving* 72g carbohydrates 22g fat 31g protein 1304mg sodium | calorie-conscious



Calories
593



Prep & Cook Time
30-40 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- ¾ cup Jasmine Rice
- 6 oz. Carrot
- 4 oz. Snow Peas
- ¼ oz. Cilantro
- 1 Lime
- 2 Tilapia Fillets
- 2 tsp. Chopped Ginger
- 2 tsp. Lemongrass Puree
- 5.6 fl. oz. Coconut Milk
- 2 tsp. Yellow Curry Paste

CONTAINS: soy, fish (tilapia)

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Large Non-Stick Pan

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STAFF PICK

Thai Fish Curry

with jasmine rice, snow peas, carrot, and lemongrass

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ❑ **Spice Alert!** Yellow curry paste can add substantial heat to a dish, so feel free to use half (or less) of provided amount to lessen spiciness.
- ❑ **Heads Up!** Cilantro is used twice. Half is added to **curry** and remaining garnishes dish.

FROM THE CHEF

For an alternate preparation, flake tilapia into bite-sized pieces and serve atop curry and vegetables.

Did you know...

There seems to be thousands of uses for lemongrass, from insect repellent to anti-anxiety tea, but we've got one more for you: history preservation. Lemongrass is used to preserve ancient Indian manuscripts made from palm leaves.



Make the Rice

Bring a small pot with 1½ cups **water**, **rice**, and a pinch of **salt** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes. Remove from burner and fluff grains with a fork. Cover and set aside. While rice cooks, prepare ingredients.



Prepare the Ingredients

Peel, trim, and cut **carrot** into ½” slices on an angle. Halve **snow peas** on an angle. Mince **cilantro** stems and leaves. *Optional: reserve one cilantro sprig whole for garnish.* Quarter **lime**. Pat **tilapia fillets** dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



Cook the Tilapia

Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Place **tilapia** in hot pan. Cook until browned and tilapia reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side. Remove tilapia to a plate. Reserve pan; no need to wipe clean.



Start the Curry

Return pan used to cook tilapia to medium-high heat. Add 1 tsp. **olive oil** and **carrot** to hot pan and cook undisturbed until lightly charred, 1-2 minutes. Add **ginger** and **lemongrass**. Cook, stirring constantly, until fragrant, 30 seconds. Stir in **coconut milk** and **curry paste** (to taste), and bring to a simmer. Stir occasionally until carrots are tender and curry is thick enough to coat the back of a spoon, 3-4 minutes.



Finish the Curry

Remove pan from burner. Stir in **snow peas** and half the **cilantro** (reserve remaining for garnish). Season with ½ tsp. **salt** and ¼ tsp. **pepper**.



Plate the Dish

Scoop a serving of **rice** onto a plate. Top rice with **curry** and **vegetables**. Add **tilapia fillets** to plate and garnish with remaining **cilantro**. *Garnish with whole cilantro sprig if desired.* Serve with **lime wedges**.