

# FISH PARCELS WITH CURRIED COCONUT VEGETABLES



## SAVEUR PRODUCT USED

CALIFORNIA ONION MIX, CEYLON CURRY SPICE

## SUBSTITUTIONS

Can substitute fish for chicken or firm tofu.

**MAKE, TAKE & FREEZE**

— *with* —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 white fish filets (approx. 1" or 2cm thick)**

**2 tbsp. ghee**

**2 tbsp. *Saveur California Onion Mix***

**1 cup sugar snap peas**

**½ cup diced red pepper**

**½ cup yellow squash**

**1 cup broccoli**

## PREPARATION INGREDIENTS

**14 oz. (400g) can coconut cream**

**1 cup rice (uncooked)**

**2 tsp. *Saveur Ceylon Curry Spice***

## METHOD

Bag 1 – 4 squares of aluminium foil, 4 squares of baking paper. Place 1 piece of baking paper on top of foil, then place fish on top. Repeat with the rest of the fish. Mix ghee and California Onion Mix together and distribute evenly over fish. Wrap securely and place into large zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Bag 2 – Place all vegetables into zip-top bag. Ensure all air is out of bag to prevent freezer burn.

Place all bags into large zip top bag, date, label and freeze until ready to use.

## COOKING INSTRUCTIONS

Thaw both bags in fridge overnight, following safe thaw instructions. Preheat the oven to 390°F (200°C). You will cook the rice and vegetables at the same time as the fish. Mix the Ceylon Curry Spice with the coconut cream. Place 1 cup rice on bottom of baking dish, put vegetables on top of rice and pour over curry coconut cream. Cover baking dish with foil and place in oven. Place fish still in alfoil unwrapped to allow to steam & 1Tbsp. water on a baking tray and bake for 15 minutes or until just cooked through.

