

# REV90 FISH PARCELS WITH CURRIED VEGETABLES



## SAVEUR PRODUCT USED

CALIFORNIA ONION MIX, CEYLON CURRY SPICE

## SUBSTITUTIONS

Substitute fish with chicken or firm tofu.

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

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

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

**1 cup cauliflower florets**

**½ cup celery, diced**

**½ cup Brussels sprouts, halved**

**½ cup radish, diced**

**½ cup zucchini, diced**

## PREPARATION INGREDIENTS

**4 tbsp. water**

**1 cup cottage cheese** (only if in maintenance)

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

**Juice of ½ lemon**

## 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. Sprinkle California Onion Mix evenly over fish. Wrap securely with cling wrap 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 in fridge overnight following the safe thaw instructions. Place fish on a baking tray, open the aluminium foil and add 1 tbsp. water to each piece of fish. Rewrap foil loosely to allow fish to steam in foil. Bake at 390°F (200°C) for 10-12 minutes or until just cooked through. Mix the Ceylon Curry Spice with the cottage cheese and lemon juice. Set aside. Steam all vegetables together and serve with fish and curried cottage cheese.

