

## Nutritious & Delicious Main Course Recipes



### Curry Coconut Fish Parcels

#### Ingredients (serves 2)

2 x 125g tilapia (or white fish) fillets  
2 tsp yellow or red curry paste  
2 tsp desiccated coconut (unsweetened)  
Zest and juice 1 lime, plus wedges to serve  
1 tsp soy sauce  
140g basmati rice  
2 teas sweet chilli sauce  
1 red chilli, sliced  
150g cooked thin-stemmed broccoli, to serve  
Salt to taste

#### Method

1. Heat oven to 200C/180C fan/gas 6.
2. Tear off 4 large pieces of silicone paper, and then place a fish fillet in the middle of each.
3. Spread over the curry paste.
4. Divide the coconut, lime zest and juice, and soy between each fillet.
5. Wrap as an en papilote.
6. Put the parcels on a baking tray and bake for 10-15 mins.
7. Tip the rice into a pan with plenty of water, and boil for 12-15 mins or until cooked.
8. Drain well.
9. Serve the fish on the rice, drizzle over the chilli sauce and scatter with sliced chilli.
10. Serve with broccoli and lime wedges.

#### Key Nutrients

Portion	458g	100g	
Calories	<b>2209 (kJ)</b>	<b>483 (kJ)</b>	
Calories	<b>524 (kcal)</b>	<b>114 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	11.8g	2.6g	Low
Saturates	4.4g	1.0g	Low
Sugars	4.5g	1.0g	Low
Salt	1.30g	0.30g	Low
Protein	36.3g	7.0g	-

#### Low Fat

**Allergens: Wheat, Fish, Crustaceans, Soya**