

Meen Molee



Ingredients – Marinade

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Used 10 Portion
Bidfood	03444	Vegetable Oil	Millilitres	30
Bidfood	30271	Garlic Puree	Grams	25
Bidfood	10027	Ginger Puree	Grams	25
Bidfood	70299	Turmeric	Grams	25
Bidfood	33562	Lemon Juice	Millilitres	35
Bidfood	04439	Salt	Grams	5
Bidfood	04405	Cod Loin	Grams	900

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.
Most products are available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework

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Ingredients – Sauce

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Used 10 portion
Bidfood	03444	Vegetable Oil	Millilitres	40
Bidfood	37918	Mustard Seeds	Grams	12
Bidfood	-	Korma Paste	Grams	75
Bidfood	70372	Chilli Powder	Grams	2
Bidfood	70299	Turmeric	Grams	2
Bidfood		Water	Millilitres	50
Bidfood	45760	Light Coconut Milk	Millilitres	800
Bidfood	07389	Mange Tout	Grams	200
Bidfood	28867	Basmati Rice	Grams	750
Bidfood	-	Curry Leaves	Grams	3

Method:

- Cut the cod into 3cm pieces.

For the marinade

- Mix the oil, ginger, garlic, turmeric, lemon juice, salt and place over the cod. Marinade for at least 45 mins.

For the sauce

- Heat the oil in a suitable pan and crackle the mustard seeds and curry leaves. Add the turmeric, chilli powder, and the Korma Paste along with the water.
- Simmer until all the water has evaporated. Add the coconut milk to the mixture.
- Place the marinated fish fillets and mange tout into the sauce and simmer gently until the fish is cooked throughout reaching a core temperature of 75°C
- Remove from the heat, season to taste and serve.

Nutrition per portion:

	Calories	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	517 kcal	66g	4g	13g	6g	32g	3g	1.4g

Allergens: Fish, Mustard, Sulphites

May Contain: Celery, Gluten, Sesame

Quality statement: The details in this document are accurate at the time of production on 22 April 2022. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain: Food framework, and so may differ if you use alternative products to those in this recipe. **Please do check the labelling on products to confirm details, for example, allergens.**

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