Coconut Fish Curry

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DIETARY:
Gluten Free, Atkins, Diabetic, Low Fat, Coeliacs, Dairy Free, Nut Free

MAKING THIS RECIPE

Ingredients

2 medium onions, finely sliced
5 cloves of garlic, finely sliced
2 shallots, finely sliced
2 carrots sliced into rounds
160g sugar snap peas
360g sea bass fillets chopped into large chunks
400ml coconut milk
7tsp Fish Curry Spice Blend
Cooking oil
Salt
Pepper
Fresh coriander to garnish
Beansprouts to garnish

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Method

Step 1:

In a wok, lightly fry onions, shallot and garlic with a dash of oil until golden brown.

Step 2:

Add the carrots and stir fry for a further 3 minutes.

Step 3:

Add the coconut milk and the spice mix, stirring until evenly mixed.

Step 4:

Add the fish and cook for 5 minutes on a medium heat.

Step 5:

Add the sugar snap peas and cook until tender.

Step 6:

Garnish with fresh coriander leaves and beansprouts.

Serve with rice and prawn crackers.

Buy the ingredients for this recipe