

TURMERIC AND COCONUT FISH CURRY RECIPE

Serves 4 people

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

- Thai Red Paste
- 1 medium sweet red pepper, sliced
- 1 red onion
- 1 tbsp coconut oil
- 400ml full-fat coconut milk
- ½ sliced courgette
- 1 small bunch coriander, finely chopped
- 600g mixed fish (we've used salmon, haddock and cod) or haddock and prawns
- 1 large cauliflower blitzed into rice
- 1 lime, sliced into wedges
- 5 tender stem broccoli sticks
- 1 tbsp turmeric powder

Method

- Add a tbsp of coconut oil to a pan. Once the pan is hot, add the diced onion and fresh coriander and cook on medium heat for 5 minutes. Add the curry paste and sliced courgette to the pan and continue to cook on medium heat for another 3 minutes.
- Add the tender stem broccoli sticks, red pepper, fish mix, turmeric and coconut milk. Bring the pan to the boil and cook for a further 15 minutes on low heat (or until the fish is cooked through).
- Whilst the curry cooks, grab another pan with a tsp of coconut oil in and fry your cauliflower rice on medium heat until soft. This should only take a couple of minutes.
- Once cooked, serve the curry with a side of cauliflower rice and a wedge of lime.