

## Green Fish Curry

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 20 minutes



2 ½ serves per portion

### Ingredients

2 teaspoons vegetable oil  
1 brown onion, finely diced  
2 garlic cloves, minced  
3 cm piece fresh ginger, grated  
3 tablespoons green curry paste  
2 potatoes, diced  
1 cup water  
270mL can light coconut cream  
4 skinless fish fillets  
½ cup frozen peas  
1 cup green beans, trimmed and halved  
410g can baby corn spears, drained, halved lengthways

*To serve:*

Brown rice

¼ cup fresh coriander leaves

1 long red chilli, sliced (*optional*)

### Method

HEAT a large saucepan over medium-high heat. Add oil and onion once hot. Cook onion, stirring for about 5 minutes or until softened.

ADD garlic, ginger and curry paste and fry until fragrant, about 2 minutes.

ADD potatoes and water. Bring to the boil, then reduce heat to low and simmer for 15 minutes.

POUR in coconut milk and bring to a simmer. Add the fish, peas, beans and baby corn and simmer for 5 minutes or until vegetables are tender and fish is cooked through.

SERVE on a bed of brown rice and top with coriander leaves and red chilli if desired.



Everyday Food

*Recipe Courtesy of the Country Kitchens team*