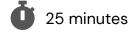




Lemongrass Turmeric Fish Fillets

with Coconut Greens

A luscious, creamy coconut curry flavoured with a homemade curry paste of lemongrass and aromatics and served with red rice.





4 servings



Spice it up!

If you're looking to add more aromatics to your curry paste, try adding a garlic clove, kaffir lime leaves, lime zest and juice, ginger and coriander (leaves, stems and roots!) and serve with fresh red chilli.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

30g 22g

FROM YOUR BOX

RED RICE	1 packet (300g)
LEMONGRASS	1 stalk
SPRING ONIONS	1 bunch
RED CAPSICUM	1
ASIAN GREENS	1 bunch
TINNED COCONUT MILK	400ml
WHITE FISH FILLETS	2 packets

FROM YOUR PANTRY

oil for cooking, pepper, ground turmeric, fish sauce (see notes), cumin seeds

KEY UTENSILS

large frypan, saucepan, stick mixer (or small blender)

NOTES

Substitute fish sauce with soy sauce or tamari if desired.

Dice fish fillets if preferred.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes until tender. Drain and rinse.



2. MAKE THE CURRY PASTE

Peel off any outer dry layers from lemongrass. Roughly chop lemongrass and 1/2 spring onions. Add to a jug along with 2 tsp cumin seeds, 2 tsp turmeric, 1 tbsp fish sauce, 1 tbsp oil and 1 tbsp water. Use stick mixer to blend to a paste.



3. SAUTÉ THE CURRY

Heat a large frypan over medium-high heat. Add prepared curry paste and sauté for 2-3 minutes until aromatic. Slice remaining spring onions (reserve green tops for garnish). Dice capsicum and slice Asian greens. Add to pan along with coconut milk and 1 tin water.



4. POACH THE FISH

Rinse fish fillets with cold water and add to pan (see notes). Cook, semi-covered, for 10-12 minutes until fish is cooked through. Season curry with pepper.



5. FINISH AND SERVE

Divide rice among shallow bowls. Top with curry and fish and garnish with reserved spring onion green tops.



