



### Product Spotlight: Lemongrass

To prepare your lemongrass, cut in half lengthways and remove the core. Bash with the end of your knife to release the perfumes before chopping.



## Thai Red Fish Curry

A Thai-style red coconut curry with white fish and fragrant lemongrass, all served on a bed of fluffy rice and finished with lime.

 20 minutes

 2 servings

 Fish

3 February 2023

## Switch it up!

*If you don't feel like a curry, you can add the coconut milk to the rice as it cooks to make coconut rice. Stir-fry the vegetables with lemongrass. Serve with pan cooked fish and lime.*

Per serve: **PROTEIN** 32g **TOTAL FAT** 36g **CARBOHYDRATES** 86g

## FROM YOUR BOX

BASMATI RICE	150g
CARROT	1
TOMATO	1
LEMONGRASS STEM	1
RED CURRY PASTE	1 tin
COCONUT MILK	400ml
WHITE FISH FILLETS	1 packet
SNOW PEAS	150g
LIME	1

## FROM YOUR PANTRY

oil for cooking, soy sauce or fish sauce

## KEY UTENSILS

large frypan with lid, saucepan with lid

## NOTES

You can use coconut oil to add extra fragrance to this dish!

The red curry paste is spicy. If you prefer less heat you can add 1/2 tin curry paste first and then add more to taste.

Rinse the fish fillets before using to remove any stray scales.



### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. SAUTÉ THE VEGETABLES

Slice carrot and wedge tomato. Chop white end of lemongrass (see product spotlight). Add to a frypan over medium-high heat with **oil** (see notes). Sauté for 5 minutes until softened.



### 3. SIMMER THE CURRY

Stir in red curry paste (see notes) and coconut milk. Cover and simmer for 5 minutes.



### 4. ADD THE FISH

Cut fish into smaller pieces (see notes). Trim and halve snow peas. Add to pan and cook for 5 minutes until cooked through.



### 5. FINISH AND SERVE

Add zest and juice from 1/2 lime (wedge remaining) to curry. Season to taste with **soy sauce or fish sauce**. Serve fish curry with rice and lime wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

