DINNER TWIST
LOCAL, HEALTHY, DELIVERED

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 | 4 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	TOTAL FAT	CARBOHYDRATES
	29g	19g	72g

FROM YOUR BOX

BASMATI RICE	300g
CARROT	1
TOMATOES	2
LEMONGRASS STEM	1
RED CURRY PASTE	1 tin
COCONUT MILK	400ml
WHITE FISH FILLETS	2 packets
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 **600ml 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 tomatoes. 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**