

Allergens*:



Thai Fish Curry



Recipe
total cost
£9.06

See
ingredients
and cooking
method
overleaf...



Serves 4

The fish is cooked in a flavourful, coconut curry sauce that's bursting with delicious Thai flavours. You'll love it!



Equipment

- Medium saucepan
- Sharp knife
- Chopping board
- Large frying pan
- Wooden spatula
- Kettle (boil water)
- Sieve

* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Thai Fish Curry



Ingredients:

- 360g White fish (such as cod, haddock, sea bream, sea bass)
- 200ml Jar of Thai green curry paste
- 400ml tin Coconut milk
- 1 onion
- 2 garlic cloves
- 1 bell pepper (red, yellow or green)
- 130g baby corn
- 150g mange tout
- 300g basmati rice



Method:

1. Roughly chop pepper, onions and garlic.
2. Fry onions in oil until brown (3 minutes). Add garlic and Thai green curry paste to the pan and fry for 3 minutes.
3. Add coconut milk and vegetables, cook for 5 minutes.
4. Add pieces of fish to the pan and cook for a further 10 minutes until fish is cooked through.
5. Rinse rice thoroughly in a sieve.
6. Place the rice in pan with 600ml boiled water, a tsp of salt and boil for 15 minutes, stirring every 5 minutes.
7. Serve!