



Fish Curry



4 servings



25 minutes

INGREDIENTS

- 1 medium yellow onion, chopped
- 3 tbsp. green curry paste
- 1 x 14 oz. (400ml) can coconut milk
- 1.3 lb. (600g) white fish fillets (such as cod), coarsely chopped
- 2 cups. (360g) frozen vegetable mix
- 1 tbsp. olive oil



DIRECTIONS

1. Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.
2. Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish and frozen vegetables. Simmer for 15 minutes, until fish is cooked and the vegetables have warmed through.
3. Serve immediately.