

Thai Fish Curry

Ingredients

600gm boneless firm white fish fillets
3 Tbsp. Wildings Essential Thai Spice Blend
1 small Onion, diced
1 Tbsp. light Soy Sauce
1/3 cup Roasted Peanuts
500ml Coconut Milk
2 Tbsp. Vegetable Oil
1 Carrot, diced
2 zucchini, sliced
1/2 cup fresh Coriander leaves, shredded
1 Lime, juiced

Method

Trim and cut fish into 2cm pieces. Sauté in a hot, deep pan with the Essential Thai Spice Blend until lightly browned. Add the coconut milk, soy sauce and vegetables and simmer for 20 minutes or until the vegetables are soft. Serves 4.

Serving Suggestion

Serve over steamed rice and garnish with crushed peanuts, coriander and lime juice.

This recipe contains no preservatives, additives, M.S.G or gluten & is high in flavour and is very easy to prepare.