

OVERALL time: 55 mins

Thai Fish Curry

Fresh & zesty, this fish dish is easy to prepare and satisfies your craving for exotic flavours!

Metric

Number of servings : 4

ingredients

For the marinade

- 500 g firm white fish like kingklip
- 1 tsp olive oil
- 1 tsp fish sauce
- 2 tsp soy sauce
- 0.25 cup fresh coriander, chopped
- 1 Tbsp **Cape Herb and Spice Thai 7 Spice**

For the curry

- 1 Tbsp olive oil
- 2 whole shallots, sliced
- 2 Tbsp green curry paste
- 1 Tbsp **Cape Herb and Spice Thai 7 Spice**
- 1 400ml tin coconut milk
- 1 cup mangetout
- 0.25 cup basil
- 1 cup vermicelli noodles, cooked

To serve

- fresh lime
- chopped fresh coriander

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 40 mins | COOKING TIME: 15 mins

Cut white fish into 3 cm slices.

Combine all marinade ingredients with cut white fish and mix well. Put marinated fish into the refrigerator for 30 minutes.

In a large pan/ shallow pot heat olive oil then sauté the shallots, green curry paste and **Cape Herb & Spice Thai 7 Spice**.

Once the shallots are soft and spices have become fragrant add the coconut milk.

Let simmer for about 5 min or until slightly thickened.

Add the marinated white fish and mangetout.

Cook for another 5 min or until the fish is just cooked through.

Remove the pot from the heat, add basil and stir through.

Serve on a bed of vermicelli rice noodles.

Top with fresh coriander and a squeeze of lime.

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