



# Fish Curry

## Serves 4

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

## What you need to do

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. Serve immediately.

**Serving suggestions:** white rice, lime wedges

GF DF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	351	20	14	29

\*Nutrition per serving

