



Thai Mushroom & Fish Curry

2 tbs vegetable oil
400g cup mushrooms,
thickly sliced
1 brown onion, halved,
thinly sliced
1 bunch coriander, root finely
chopped, leaves reserved
4-6 tbs green curry paste
(see tip)
400ml can coconut milk
1 cup fish stock or water
500g skinless firm white fish
fillets (such as blue-eye),
cut into 3cm cubes
2 tbs fish sauce
2 tbs lime juice
1 tbs grated palm sugar or
brown sugar
5 green onions, thinly sliced
Thinly sliced red chilli,
coriander leaves, lime
wedges & steamed
jasmine rice, to serve

1. Heat wok over high heat until hot. Add 1 tablespoon of oil and mushrooms, stir-fry for 2-3 minutes until light golden and tender. Remove mushrooms to a plate, cover to keep warm. Reduce heat to medium-high. Add the remaining oil with the onion and coriander root, cook, stirring for 2 minutes until onion is soft.
2. Add curry paste and cook for 1 minute until fragrant. Stir in the coconut milk and stock. Bring to simmer, simmer for 5 minutes or until the sauce reduces slightly.
3. Add the mushrooms and fish, simmer for 5 minutes. Combine the fish sauce, lime juice and sugar then stir into the curry with the green onions, cook a further 3 minutes until fish is cooked through.
4. Top with chilli and coriander leaves. Serve with lime wedges and rice.

Tip: Green curry paste can vary in heat, depending on the brand you buy. Add 4 tablespoons then taste the sauce at the end of step 2, adding more if required.

Health tip: To reduce the fat content in this recipe you can half the coconut milk and increase the stock or water by 200ml. Low fat coconut milk will split when boiled.