



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 70 mins

Serves: 4

COCONUT FISH CURRY



INGREDIENTS

- 1 tbsp coconut oil
- 2 stalks celery, thinly sliced
- 2 spring onions, thinly sliced
- 2 cloves garlic
- 1 tbsp ginger, fresh, minced
- 1 tsp garam masala
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp tumeric
- 1 tsp smoked paprika
- juice of 1/2 lime
- 1 x 440g can diced tomatoes
- 1 x 400g can coconut milk
- salt and pepper to taste
- 1/2 kg firm white fish
- 2 tbsp coriander, finely chopped

METHOD

- Heat coconut oil in large pan.
- Add onion and celery and cook stirring for 5-7 minutes.
- Stir in garlic, ginger, garam masala, coriander, cumin, tumeric and cayenne.
- Cook 2-3 minutes until fragrant, and add tomatoes and coconut milk.
- Bring to the boil, and then lower heat and simmer slowly with lid on the pot for about one hour.
- Cut fish into bite size pieces, and add to the curry.
- Cook a further 5-7 minutes, until fish is cooked. (Don't overcook it)
- Remove from heat, dish onto serving plate and sprinkle with coriander.