



THAI FISH FILLETS IN COCONUT CREAM

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides (SEE NOTE)

Prep time: 15 mins

Cook time: 15 mins

Serves: 4



INGREDIENTS

- 400g firm white fish fillets, cut into bite size cubes
- 2 stems of lemon grass, bruised (flatten with the back of a knife)
- 1 red chilli
- 2 long green chillies, finely sliced
- 1/4 cup chopped coriander roots
- 5 Kaffir lime leaves
- 2cm piece of ginger, grated
- 2 cloves garlic, crushed
- 4 spring onions, finely sliced
- 1 tbsp honey
- 400mls (1 can) coconut cream
- 1 tbsp fish sauce
- juice of 1 lime

METHOD

- Heat oil in pan and add red chilli and sliced green chillies, stir frying until browning.
- Add lemon grass, coriander roots, Kaffir lime leaves, ginger, garlic, spring onions, honey and coconut cream and bring to the boil.
- Simmer for 3-4 minutes and then add the fish, and simmer another 3-5 minutes, until the fish is cooked through.
- Stir through fish sauce, lime juice and salt and pepper.
- Remove lemon grass to serve.
- Delicious served with *cauliflower rice*.

NOTE: Chillies have disaccharides, and although only a small amount is used, some people will need to increase their enzyme intake when consuming chillies.