



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 20 mins

Cook time: 30 mins

Serves: 4-6

INGREDIENTS

- 2 tbsp lemongrass, crushed
- 1 clove garlic, crushed
- 1 tbsp grated ginger, or paste
- 2 long green chilli, deseeded and thinly sliced
- 1 cup packed fresh basil leaves
- 2 tbsp coconut oil
- 2 tsp ground cumin
- ½ tsp ground black pepper
- 1 tsp pink rock salt
- 1 tbsp fish sauce
- 1 lg sweet potato, cut into 1cm cubes
- 1 lg carrot, cut into 1 cm cubes
- 1 small eggplant, cut into 1 cm cubes
- 1 large zucchini, cut into 1 cm cubes
- 1 cup green beans, strung and halved
- 2 heads of boy choy or same of spinach leaves
- 750g or 4 lg fillets of Basa fish, or white fish, cut into 2cm cubes
- 1 can (400g) coconut cream or milk

METHOD

- In a blender (or with a mortar and pestle) grind lemongrass, chillies, garlic, ginger and basil..
- Heat coconut oil in pan and add paste mixture, cumin, salt and pepper and fry stirring for 2 minutes.
- Add 1 cup water, fish sauce, sweet potato, carrots, eggplant and beans and simmer 15-20 minutes (until soft).
- Add zucchini and bok choy (or spinach) and stir until tender, about 5 minutes.
- Add fish and simmer until cooked, about another 5 minutes.
- Stir in coconut cream/milk and stir to heat through.
- Serve hot with [cauliflower rice](#), [creamy mashed cauliflower](#) or your preference.

FISH IN GREEN CURRY

