



## COCONUT FISH CURRY WITH LIME

### **ALLERGIES:**

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

**Prep time:** 10 mins

**Cook time:** 15 mins

**Serves:** 4



### **INGREDIENTS**

- 2 tbsp oil
- 1 large onion, diced
- 2 cloves garlic, crushed
- 1 tbsp curry powder
- 2 tsp ground turmeric
- 1 tsp ground cumin
- 1 tbsp natvia, honey or sweetener
- 1 x 440 can coconut milk
- 2 tbsp fish sauce (gluten free)
- Juice of 1 lime
- 1/2 cup water mixed with 2 heaped tsp corn flour (gf)
- 4 fillets white fish, cut into chunks

### **METHOD**

- Heat oil in pan to medium high, add onion and garlic and saute 5 minutes.
- Add curry, turmeric and cumin and cook a further 2 minutes until fragrant.
- Add natvia (or honey), coconut milk and fish sauce and bring to the boil.
- Simmer slowly for 6-8 minutes (depending on the thickness of the fish), until cooked through.
- Add lime juice, and gently stir in flour and water mixture to slightly thicken.
- Garnish with chopped coriander, lime slices and a dollop of yoghurt.
- Serve with cauliflower rice.