

COMBINING RIGHT RECIPES

MAIN MEALS

Protein

Fish Curry – serves 2

1 small knob of butter

1 tbsp extra virgin olive oil

2 small onions, cut into quarters

2 tsp mild curry paste

½ tsp dried coriander powder

1 tsp mango chutney

1 tsp freshly grated root ginger

4 tbsp white wine or Chinese cooking wine

150 ml coconut milk

2 small fillets or boned steaks of fish, skinned, washed and cut into chunks (use any firm white fish)

melt butter and olive oil in a frying pan. Add onion, curry paste, coriander, chutney and ginger, and cook over medium heat for 4-5 mins. Slowly stir in wine and coconut milk and simmer for a further 2 mins. Add fish pieces and simmer for another 5 mins. Serve with steamed spinach.