

# Fish Curry

## Ingredients

- 700g / 1.5lb fish (4-5 whiting or tilapia fillets)
- 1 onion, chopped
- 1 capsicum, chopped
- 1 carrot, sliced thin
- 1 zucchini, sliced thin
- any other vegetables, e.g. spinach
- 2 cups coconut milk or unsweetened yoghurt
- 2 tbsp yellow or red curry paste

## Method

1. Sauté onion and capsicum until soft.
2. Add carrot and zucchini and fry for several minutes.
3. Add coconut milk and curry paste and mix well.
4. Add fish and any soft vegetables like spinach or peas.
5. Simmer until cooked.

## Notes

Serve with rice.

Makes 4 serves.

---

Revision #1

Created 2024-12-10 02:48:27 UTC by Anna Pardee

Updated 2024-12-10 20:53:30 UTC by Anna Pardee