

## Fish Curry

Note: You can add any vegetables you like to this dish and you can serve it with roasted cauliflower, cauliflower rice, brown rice or quinoa.

Serves 4

700g white fish fillets, cut into 2.5cm cubes

1 tablespoon brown mustard seeds

¼ cup dried curry leaves

1 onion, diced

2.5cm piece of ginger, grated

1 teaspoon ground turmeric

1 tablespoon curry powder

2 long green chillies, sliced

400ml coconut milk

1.5 cups of fish/chicken/veg stock

1 cup cherry tomatoes, halved

4 large handfuls of spinach leaves

2 large handfuls of green beans, sliced into 3cm lengths

1 lime

Coriander and yoghurt to serve

Add some coconut oil to a pan on medium heat and add the mustard seeds and curry leaves for 1 minute (or until mustard seeds start to pop). Add the onion and ginger and cook for 3-4minutes. Add the turmeric, curry powder and chilli and stir fir another 1-2minutes.

Add the coconut milk, stock, cherry tomatoes and green beans. Bring to the boil and then reduce and simmer on low for 10minutes. Add the fish, 2 tablespoons of lime juice and the spinach and simmer for 2 minutes or until the fish is just cooked.

