

Clean Fish Curry

800mls Organic Coconut Milk

3 x sticks of fresh Lemongrass

1cm Fresh Galangal, cut into 4 x slices

2-3 x Fresh Curry Leaves

3-4 Kaffir Lime Leaves, sliced finely

2 x fresh Red Chilli's, sliced

3 tablespoons Coconut Sugar

3 x Shallots, sliced

Juice of 1 x Lime

2 x Carrots, julienne

Handful of Green Beans cut into 1 inch pieces

$\frac{1}{2}$ bunch Fresh Coriander, chopped

2-3 fillets of Fish chopped into 1 inch cubes

2-3 packets of Angel Hair Slim Pasta

In a wok or saucepan, heat coconut milk being careful not to boil it. When steaming, add the lemongrass, galangal, curry leaves, kaffir lime leaves and red chilli and stir. After approximately 5-7mins, add the coconut sugar and stir. Add the fish pieces and allow to cook for another 7mins before adding the vegetables. Cook for a further 10mins (approx). Prepare the Slim Pasta according to directions and serve with the curry.

(The galangal and lemongrass are in this recipe for their aromatic flavour however they are not pleasant to eat as they are quite tough and strong in flavour so you may want to leave them out when you serve the dish up.)

Serves 6