

**B.PRO**

Yellow fish curry

Ingredients:

2 onions
2 red chilli peppers
2 carrots
600 g firm fish fillet
Salt
2 tbsp fish sauce
2 tbsp lime
1 bunch coriander
2 garlic cloves
2 cm fresh ginger
200 g fresh spinach
4 tbsp neutral-tasting oil
2 tsp yellow curry paste
500 ml coconut milk
2 tsp brown sugar

Accessories:

Induction wok
Ceran hob
Griddle

Preparation:

Peel and finely chop the onions and garlic. Slice the chilli lengthwise and cut into very fine strips. Peel the ginger and chop finely. Wash the carrots and cut into thin slices. Prepare and wash the spinach.
Dice the fish fillet into cubes of approx. 2 cm.
Fry the fish cubes in hot oil for approx. 1 min.
Lightly season with salt and remove.
Pour 1 tbsp of oil into the wok.
Fry the onions, garlic, chilli, ginger and carrots for 2 mins.
Stir in the curry paste and fry briefly. Pour in the fish sauce and coconut milk.
Add lime juice and sugar.
Add the spinach and leave to wilt. Carefully stir in the fish cubes and leave to simmer on a medium heat for approx. 3 mins. Garnish the fish curry with the coriander and serve.
Delicious with Basmati rice.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: n/a

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1992 g CO₂ per person

26 % MORE CO₂ than the average when preparing this recipe.

More info on this recipe at Eaternity: <http://co2.eaternity.ch/>