

CALORIE CONTROL RECIPES

MAINS

Fish and Asparagus Coconut Curry – serves 4

1 tbsp olive oil
4 white fish fillets, cut into strips
2 tsp green curry paste
1 onion, sliced
1 tsp grated ginger
2 potatoes, cubed
1 cup coconut milk, light
3 tomatoes, chopped
3 cup asparagus, chopped
3 tbsp chopped coriander to serve

heat half the oil in a frying pan, add fish strips. Stir fry for about 3 minutes. Remove from pan and set aside. Add remaining oil to pan. Add curry paste and onion. Stir for about 1 minute.

Add ginger, potatoes, and coconut milk. Bring to boil. Reduce heat and simmer for about 8 minutes or until potatoes are tender. Add tomatoes and asparagus. Cook for a further 3 minutes. Add cooked fish strips to curry and simmer for a further 1 minute. Serve immediately with coriander. Serve with freshly cooked Basmati rice.