The Hungry Cruest THAI GREEN FISH CURRY WITH CHOPPED SALAD

SERVINGS: 4

PREPPING TIME: LESS THAN 20 MINUTES

COOKING TIME: 18 MINUTES

INGREDIENTS

Thai Green Fish Curry:

1 x Red chilli, thinly sliced 1 x Mereworth onion, thinly sliced 3 x Cloves Mereworth garlic, crushed 1/2 jar x Hungry Guest Thai green curry sauce 1 x tin coconut milk 500g White fish fillet, bass or cod, cut into a rough dice 1/2 Bunch Mereworth coriander, chopped 100g Bean sprouts 1/2 Lime, juiced Vegetable oil for cooking Salt Thai rice noodles – 50g per person

Chopped Salad:

50g Kale, finely chopped 1 x Red pepper, cut finely 1 x Carrot, cut into match sticks 2 Spring onions, cut finely 50g Toasted cashews

Dressing:

20g Sunflower oil 5g Sesame oil 10g White vinegar 10g Honey 15g Soy sauce ½ Lime, juiced

DIRECTIONS

For the curry

- 1. Sweat the onion, garlic, and chilli on a low heat for 10 minutes.
- 2. Add the Hungry Guest Thai green curry sauce and coconut milk.
- 3. Bring to the boil and reduce to simmer for two minutes.
- 4. Add the fish and cook for 5 minutes on a medium heat.
- 5. Finish by adding the bean sprouts, coriander and lime juice.
- 6. Season with salt if necessary.

For the chopped salad:

- 1. Add all the chopped vegetables and cashews to a mixing bowl.
- 2. Separately, mix the dressing ingredients and then pour over the salad.

For the noodles:

- 1. Bring a large pan of water to the boil.
- 2. Add noodles and simmer for three minutes.
- 3. Strain and serve.