

Thai Fish Curry

Serves 4

Ingredients

600g of vegetable of your choice including potatoes, sweet potato, eggplant, red onion, capsicum, beans, cut into even bite-sized pieces – if using potatoes, steam for 10 minutes before making the curry

2tsp vegetable oil

600g basa fillets or other white fish of your choice

2 tbsp Thai curry paste

1 cup coconut milk

Method

Toss all vegetables in oil and 1 tbsp of curry paste

Spread all vegetables onto a universal tray

Set your oven to Circulated Air Grilling, 190°C with a low level of pulse steam

Place the universal tray on rack level 4 and cook vegetables for 15 minutes

Add ½ cup of coconut milk and stir to coat the vegetables

Top the vegetables with the fish fillets and brush the fish with the remaining curry paste

Pour the remaining coconut milk over fish

Return to the oven and cook for a further 15 minutes until fish is firm and cooked through

Serve with steamed jasmine rice