






COD IN CURRY SAUCE WITH GREEN BEANS

If you're looking for a quick and easy mid-week meal that packs a protein punch, this is it. You can make curry with any type of protein you like, however, using fish keeps things light and fragrant.

 5 minutes
 25 minutes
 4 portions

INGREDIENTS

- 450 grams of cod fillets
- 1 tablespoon of red curry paste (gluten free if required)
- 1 tablespoon of coconut oil
- 1/2 can of coconut milk (200 g)
- 2 teaspoons of tomato puree
- 1 tablespoon of fish sauce (gluten free if required)
- 1 teaspoon of lime zest
- 150 grams of green beans
- 200 grams of uncooked rice
- 4 lime wedges, to serve
- salt
- pepper

COOKING METHOD

- 1° Cook the rice as per instructions on the packaging.
- 2° Season the cod with salt and pepper and rub with half of the red curry paste.
- 3° Heat the coconut oil in a large frying pan and fry the fish on both sides, then transfer it onto a plate.
- 4° Pour the coconut milk into the pan and add the remaining curry paste, tomato puree, fish sauce and lime zest. Cook for 6 minutes.
- 5° Add the green beans and the cod into the curry sauce. Cook for a further 5 minutes then serve with the rice and lime wedges.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (286 g)	% DRI
ENERGY	115 kcal	330 kcal	16 %
PROTEIN	9 g	25 g	51 %
CARBOHYDRATE	17 g	48 g	19 %
SUGARS	2 g	5 g	5 %
FAT	2 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
FIBER	1 g	3 g	11 %
SODIUM	214 mg	612 mg	25 %