



CHLOË BOWLER
complete wellbeing

THAI FISH CURRY



Ingredients (Serves 2)

- 300g mixed fish
- 2 large courgettes
- 1 clove garlic
- 1 onion
- Large bunch of coriander
- 1 300ml can coconut milk
- 1 tsp green thai curray paste
- 1 green chilli

Instructions

1. Choose fish to your taste, I like to use salmon, haddock and prawns.
2. Chop the onion, garlic and chilli, and fry in a large pan.
3. Add the fish, cut into bitesize chunks and the chopped courgettes.
4. Stir through the curry paste and season well.
5. When the fish is cooked, pour in the coconut milk and simmer.
6. Add the torn coriander leaves and enjoy as a soup or serve with rice.

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