
Typ: Fisch

Quelle: Curry Bible (M&S), S. 106

Bemerkungen: The beauty of this curry is in the mouth-watering combination of white fish and oily fish, both of which are extremely beneficial for the health. Make sure you serve this dish with plenty of fragrant jasmine rice to soak up the delicious juices.

Zutaten: 4 Portionen

Saft einer Limette
4 EL Fische Sauce
2 EL Thai Sojasauce
1 frische rote Chili, entkernt und gehackt
350 g weißer Fisch, in Würfeln
350 g Lachs in Würfeln
400 mL Kokosmilch
3 Kaffirlimettenblätter
1 EL Thai Curry Paste, rot
1 Stengel Zitronengras, kleingehackt

Jasmin-Reis
Korianderblätter

Rezept: Combine the lime juice, half the fish sauce and all of the soy sauce in a shallow non-metallic dish. Add the chilli and the fish, stir to coat, cover with clingfilm and chill for 1-2 hours, or overnight. (Ich benutze eine Plastiktüte)

Bring the coconut milk to the boil in a saucepan and add the lime leaves, curry paste, the remaining fish sauce and the lemon grass. Simmer gently for 10-15 minutes.

Add the fish with its marinade and simmer gently for 4-5 minutes, until the fish is cooked. Serve hot accompanied by cooked jasmine rice with chopped coriander stirred through it