

## REBECCA'S YELLOW THAI FISH CURRY

This is a meal that I had first thrown together with whatever I happened to have around that felt would work. It quickly became one of our 'Fish Friday' favourites. *Please bear in mind* that this is in no way authentic Thai cooking – it's just Rebecca messing around in her low-starch kitchen making food she enjoys! And it's really good for using up any peppers, celery or other random veg that's been lurking.

I don't use oil in cooking, but by all means do for this, if you'd like.

Instead of serving this with rice (which you absolutely could!) I usually bulk the curry up with cauliflower, which cooks down into a gorgeous, soft yumminess.

Reader, this is a comforting let's-start-the-weekend meal to eat from a bowl with a spoon! This serves two hungry six-foot-tall people – but if you serve it with rice then I'd say a family of four wouldn't complain.

Ingredients are – roughly!

- 2 medium onions, chopped
- 2 sticks of celery, chopped
- 1 carrot, chopped
- Any other veg you've got kicking around – last time I used the stalk from a head of broccoli, chopped up, and some shredded white cabbage
- A chicken or vegetable or fish stock cube
- 500g frozen cauliflower florets (or fresh!) – you might not need these if you're serving the curry with rice – or if you are, and you're wanting to serve 4-6 people instead of 2-3 people, go right ahead!
- 1 green pepper\*, chopped
- 1 red pepper\*, chopped
- Chopped coriander\*\* leaves, including the stalks
- Half a 90g jar of Bart's Yellow Thai curry paste, or equivalent
- A regular-sized can of coconut milk
- Diced white fish – I use cod loins, which I buy when they're on offer, dice them, and then freeze them in 2-portion bags. The packs of cod loins I get contain two big chunky bits of fish, and that's enough for three to four meals for two people
- Salt and pepper to taste
- 2 very fresh eggs (optional). They need to be very fresh so that they don't spread out too far when you crack them into the curry

\*We call 'peppers' what in the US are called 'bell peppers', I think.

\*\* I think 'coriander' is 'cilantro' in the US.

Method is – roughly!

- Cook the onions, celery, carrot – cauliflower and any other veg, if you're using it – in a splash of water in a large, shallow pan until nearly soft.
- Add the stock cube and a little more water, just so it doesn't stick.
- Add the peppers and coriander and cook until the peppers begin to soften.
- Stir in the curry sauce, fish and coconut milk, turn the heat right down, pop a lid onto the pan and leave to simmer for 3-4 minutes.
- Season with salt and pepper, and give it a good stir.
- Make two wells in the surface, crack an egg into each, and pop the lid back on. The eggs will need just a few minutes to cook. We like the yolks to still be runny.

Serve with a big smile and a spoon!