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Thai red fish curry with
cauliflower, baby spinach
& black rice



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Heat rating – MEDIUM. Add half the
curry paste if wanting a mild curry

Preparation time 30 minutes

***Items from home not provided**

kettle - filled & boiled
pot & lid
wooden spoon
frying pan
sharp knife
chopping board
wooden spoon
can opener

***butter**
black rice
onion
garlic
thai red curry paste
coconut milk
vegetable stock
kaffir lime leaf powder
fish bites
cauliflower florets
lemon
***fish sauce**
baby spinach
coriander

Step 1: In a small pot, melt a knob of butter and add the black rice. Sweat for a few minutes, continually stirring until the rice starts to pop and smell a little like popcorn. Move the pot off the heat, pour over boiling water from the kettle to 2 cm above the level of the rice; season with salt and cover with a fitting lid. Adjust the temperature to a gentle simmer, return to pot and boil for 20 minutes or until tender to the bite; drain if needed. The rice should be firm to the bite.

Step 2: Meanwhile, oil and heat a frying pan over MEDIUM heat. Peel and dice onion then garlic. Cook the onion for about 3 – 5 minutes until soft. Add the garlic and Thai red curry paste. Stir continually for a further minute, cooking until fragrant. Pour over coconut milk, vegetable stock and kaffir lime leaf powder. Bring to a gentle simmer for few minutes to combine flavours.

Step 3: Add the fish bites and cauliflower to the curry. Stir occasionally and cook uncovered for about 7 - 8 minutes (flip the fish if not completely submerged). Squeeze the juice from the lemon (to taste) and a splash of fish sauce; stir through the baby spinach leaves until just wilted then serve immediately.

To serve: Fluff rice with a fork and divide between bowls; spoon over the Thai red curry and garnish with coriander.

Enjoy xx