



**READY TO COOK**  
BY HARRIS FARM

# BARRAMUNDI RED CURRY



PREP  
**10 min**



COOK  
**20 min**



SERVES  
**4**

## INGREDIENTS:

- > 1 Red Bull Horn Chilli
- > 1 Broccoli
- > 2 Barramundi Fillets
- > 1 Punnet Snow Peas
- > 1 Tub Red Curry Sauce
- > 2 Cups Basmati Rice
- > 1 Lemon
- > 1 Bunch Coriander

## WHAT YOU'LL NEED FROM YOUR PANTRY:

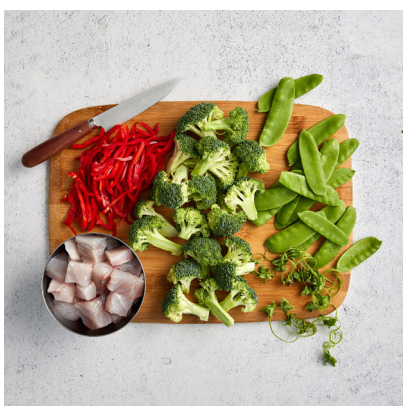
- > Olive Oil

# METHOD - GET COOKING!



- 1** **Cook the rice** for 15 minutes if you're using a rice cooker. If you're using a stove top, add 2 cups of water and 2 cups of rice into a medium sized saucepan.

Bring to the boil on medium-high heat and turn down to simmer for 10 minutes.



- 2** In the meantime, **cut** the ends off the **snow peas** and peel the string that is attached to the side and discard. Cut the **red bull horn chilli** in half, remove the seeds and **slice into thin strips**.

Cut the **broccoli** into **small florets**. Set all chopped veggies aside. Place the **fish** on a **separate chopping board** and remove the skin prior to dicing. **Cut** into **small 2-3cm cubes** and set aside.



- 3** In a casserole dish or a pot, **add** 1 tbsp of **olive oil** and **sauté the red bull horn chilli** on high heat for approx. 3mins.

**Add the red curry sauce**, bring to the boil and then add the **fish, broccoli** and the **snow peas**, pressing down gently to submerge the fish and vegetables into the sauce.

Turn down to medium heat and **place the lid on**, cooking for another 3-4 minutes until the fish is cooked.



- 4** Remove the fish curry from heat and **serve with** a sprinkling of fresh **coriander**, a squeeze of fresh **lemon juice** and a **side of rice**.

## BEST PAIRED WITH...



**Riesling**  
**Pinot Gris**

*Off-Dry Riesling or Pinot Gris are great friends with Thai Curry*



## FEEDBACK OR QUESTIONS?

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