Red Thai Trout Curry

Serves: 4

Ingredients

4 ChalkStream trout fillet

2 tbs coconut oil

Red Thai curry paste

1/2 cup of coconut milk

Rice

Parsley

Chillies

Lime

3 cloves of garlic

1 tsp minced ginger

Paprika

Turmeric

Salt & pepper

Method

Melt coconut oil into your pan on a low het. Alternatively, you can use olive oil if you wish.

Then add salt and pepper onto your trout fillets and add your fillets to the pan and cook for 5 minutes on a medium heat (make sure to flip the trout to cook on both sides).

Then remove your trout and add your garlic and ginger into the pan and stir for 1-2 minutes until golden.

Next, add 3 tbs of curry paste and let this simmer together with 1 tbs of turmeric and paprika for 2 minutes, then add the coconut milk and stir.

Once it bubbles and begins to boil providing it is still on a medium heat, add your trout back into the pan and let this simmer again.

Finally, assemble onto a plate with some rice. Top with parsley, chilli and lime.