

Thai Seafood Curry

7 REGULAR
4 PUREED

Blend cooked dish to a smooth consistency and serve with sweet potato mash



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Shopping List

- 500g salmon fillet
- 500g king prawns
- 350ml fish stock
- 1 lime
- 2 lemon grass
- 1 bag of spinach
- A bunch of fresh coriander
- 1kg butternut squash
- 400ml coconut milk
- 3 x pak choi
- pinch of turmeric
- 2 tbsp fish sauce
- 1 tbsp of Thai red or yellow curry paste



Directions

1. Skim the thick creamy top off the tin of coconut milk and put it, over medium heat, into a large saucepan or casserole with the curry paste. Mix the coconut milk and paste together until combined.
2. Still beating gently, add the rest of the coconut milk, fish stock, fish sauce, lemongrass and turmeric.
3. Bring to the boil and then add the butternut squash. Cook on a fast simmer until it is tender, about 15 mins.
4. To the boiling pan, add the salmon and prawns. When the salmon and prawns have cooked through, which shouldn't take more than 3-4 minutes, stir in any green vegetables you're using – sliced, chopped or shredded.
5. When the pak choi's wilted, squeeze in the juice of half a lime, stir and taste and add the juice of the remaining half if you feel it needs it.
6. Chop the coriander, add to the pot and serve with jasmine rice.