



## Thai Green Curry Fish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 0.3 cup slivered basil leaves fresh finely
- ☐ 0.5 cup regular basil leaves fresh sweet rinsed
- ☐ 1 cup coconut milk canned
- ☐ 3 pounds catfish fillets
- ☐ 6 cups jasmine rice hot cooked
- ☐ 1 teaspoon coriander seeds
- ☐ 2 teaspoons cornstarch

- ☐ 1 teaspoon cumin seeds
- ☐ 1.8 cups fat-skimmed chicken broth
- ☐ 2 pounds green beans rinsed ends trimmed
- ☐ 8 servings curry paste green
- ☐ 6 kaffir lime leaf sections 2 teaspoons lime peel fresh green frozen thawed grated (each) ( part only)
- ☐ 6 oz bell pepper red stemmed rinsed seeded
- ☐ 8 servings salt and pepper
- ☐ 1 star anise or
- ☐ 1 tablespoon sugar
- ☐ 1.5 tablespoons vegetable oil

## Equipment

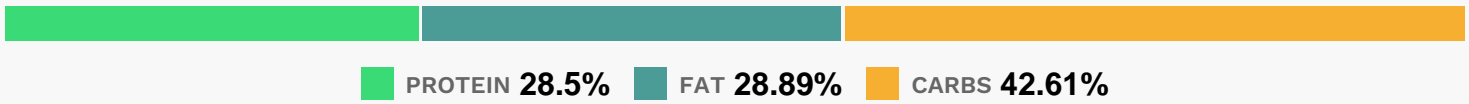
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ mortar and pestle

## Directions

- ☐ Break star anise into small pieces. In a 10- to 12-inch frying pan over medium-high heat, stir star anise or anise seeds, cumin, and coriander until fragrant, 2 to 3 minutes.
- ☐ Pour spices into a blender and whirl until finely ground, or pour into a mortar and grind with a pestle.
- ☐ Add coconut milk to frying pan; stir often over medium-high heat until milk is bubbly and fat begins to separate, 2 to 6 minutes (reduce heat if milk splatters out of pan).
- ☐ Add all the curry paste and stir until aromatic, 2 to 3 minutes.
- ☐ Add 1 1/4 cups broth, ground spices, whole basil leaves, fish sauce, and sugar. Rinse kaffir lime leaves, tear each in half, and stir into sauce; set aside.

- ☐ Rinse fish and pat dry; cut into eight equal pieces and arrange in a 12- by 16-inch baking pan.
- ☐ Drizzle oil over fish and turn pieces to coat; set slightly apart.
- ☐ Bake in a 400 regular or convection oven until fish is barely opaque but still moist-looking in center of thickest part (cut to test), 10 to 15 minutes for halibut, 8 to 10 minutes for catfish.
- ☐ Meanwhile, in a 5- to 6-quart pan over high heat, bring 2 1/2 to 3 quarts water to a boil.
- ☐ Add beans and cook until almost tender to bite, 3 to 5 minutes. Stir in bell pepper, then drain immediately.
- ☐ Just before fish is done, stir green curry sauce over high heat until hot again. In a small bowl, mix remaining 1/2 cup broth with 2 teaspoons cornstarch.
- ☐ Add to hot curry sauce and stir until it boils and thickens, about 1 minute. If desired, remove kaffir lime leaves.
- ☐ Mound hot rice on eight dinner plates.
- ☐ Lay fish on top and scatter beans and pepper strips around fish. Spoon curry sauce over and around fish.
- ☐ Sprinkle slivered basil over the top. Or serve fish, sauce, and vegetables on a large platter, with rice in a bowl alongside.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:54.89, Glycemic Load:40.67, Inflammation Score:-9, Nutrition Score:35.465652341428%

## Flavonoids

Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg, Hesperetin: 21.61mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 482.55kcal (24.13%), Fat: 15.82g (24.34%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 52.5g (17.5%), Net Carbohydrates: 46.08g (16.76%), Sugar: 8.6g (9.56%), Cholesterol: 98.66mg (32.89%), Sodium: 838.39mg

(36.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.11g (70.23%), Vitamin D: 21.26µg (141.75%), Vitamin C: 58.65mg (71.09%), Vitamin B12: 3.91µg (65.23%), Vitamin K: 64.18µg (61.12%), Manganese: 1.21mg (60.4%), Phosphorus: 504.04mg (50.4%), Selenium: 34.7µg (49.57%), Vitamin A: 2468.63IU (49.37%), Vitamin B1: 0.52mg (34.37%), Potassium: 1108.73mg (31.68%), Vitamin B6: 0.59mg (29.55%), Vitamin B3: 5.51mg (27.54%), Magnesium: 110.14mg (27.54%), Fiber: 6.42g (25.7%), Vitamin B5: 2.32mg (23.2%), Folate: 80.95µg (20.24%), Iron: 3.36mg (18.69%), Copper: 0.36mg (18.03%), Vitamin B2: 0.3mg (17.7%), Zinc: 2.1mg (13.99%), Calcium: 120.45mg (12.04%), Vitamin E: 1.24mg (8.26%)