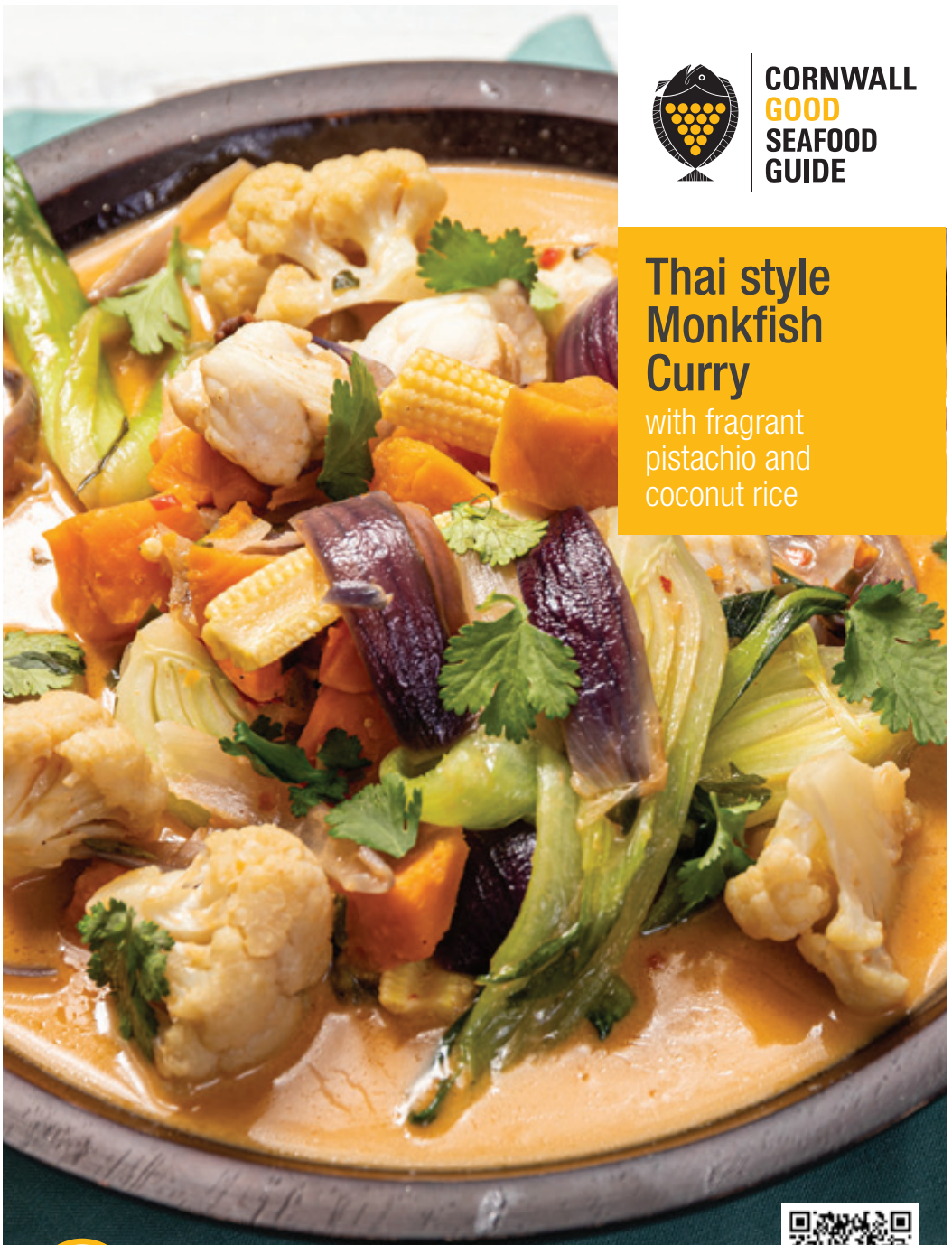




**CORNWALL
GOOD
SEAFOOD
GUIDE**

Thai style Monkfish Curry

with fragrant
pistachio and
coconut rice



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Ken Symons Private Chef 2020



Quick, simple and aromatic, this Thai inspired monkfish curry with coconut milk is one of Cornish chef, Ken Symons, favourite ways to enjoy sustainable Cornish monkfish. It is packed with flavours and textures, with meaty monkfish chunks and fresh seasonal vegetables. Takes minutes to cook and guaranteed to please! Monkfish works particularly well in a curry as its texture is firm and chunks hold together well. Monkfish stocks are very healthy in Cornish waters making it an extremely sustainable choice.

Thai style Monkfish Curry

with fragrant pistachio and coconut rice

Ingredients

Cooking time: approximately 20 minutes

Serves: four

- 650g monkfish (double skinned, cut into large pieces)
- 1 tbsp vegetable oil
- 1 onion, cut into wedges
- 1 red onion, cut into wedges
- Small green chilli, seeded and chopped
- 1 clove garlic, crushed
- 4 kaffir lime leaves, deveined and finely chopped
- 1 small cauliflower cut into florets
- 225g sweet potato, cut into chunky dice
- 1 pkt baby sweet corn, cut in half lengthwise
- 1 pkt bok choy, cut into quarters lengthwise
- 200ml coconut milk
- 200ml vegan vegetable stock
- ½ tsp harissa, or more if you like a hot curry
- Thai fragrant rice
- 25g coriander, roughly chopped
- 2 tbsp desiccated coconut
- 2 tbsp green pistachio nuts, roughly chopped

Follow the QR code overleaf to watch a video on how to make this recipe.



Method

Heat the oil in a large saucepan and fry the monkfish pieces, remove and place to one side, fry the onion wedges, chilli garlic and kaffir lime leaves for 1-2 minutes, stirring occasionally.

Add the potatoes and cauliflower and cook for a further 5 minutes.

Stir in the coconut milk, stock and harissa, reduce the heat and cook until the potatoes are tender. Add the monkfish, baby sweet corn and bok choy, cook for a further 2 minutes.

Cook the rice to the packet's instructions.

In a dry fry pan add the desiccated coconut and stir until golden, add the chopped pistachio nuts and cooked rice. Gently mix together, place into 4 individual serving bowls and sprinkle with coriander.

Serve with your curry, enjoy.

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

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