

## Green Curry Recipe

Serves 4

- 3/4 lb. wild halibut or other firm white fish
- 1 medium red bell pepper sliced and cut into spears
- 1/2 yellow onion sliced and cut
- 1/3 cup pure coconut milk, no added sugar
- 1/3 cup water, more if needed
- 1 T. green curry paste (look for Thai Kitchen brand in natural foods market or any comparable brand in the specialty foods section of your grocery store)
- 1 cup of uncooked white rice (parboiled high amylose if you can find it)
- 1/3 cup chopped fresh cilantro

Start your rice cooking about 40 minutes before you want to eat. The green curry recipe itself is fast and simple because you simmer gently all the ingredients together, except for the rice and cilantro, until the fish is cooked through, about 20 minutes. It should look slightly green to be really flavorful but adjust the curry paste for your taste if you like. It should be thick enough to be a sauce for the rice rather than a soup. Turn off your rice after about 50 minutes (read the package directions) and chop your cilantro. You will spoon the curry over the rice and sprinkle cilantro on top for a quick, healthy, delicious lunch or dinner. It will also keep nicely a few days if you are making it for one or two people and you could even pack it for a lunch if you use a cold pack.