

Coconut Fish Curry

with Baby Bok Choy & Jasmine Rice

The term “curry” is used to describe a dish seasoned with curry powder or paste (a blend of distinctive spices like cayenne, coriander and turmeric). But there are countless variations of this meal across South and Southeast Asia. In Thailand, curry is typically made with fresh herbs. Here, we’re serving up a Thai-inspired coconut fish curry topped with Thai basil, an incredible, purple-green variety with a cooling, anise-like flavor.

Ingredients

4 Pollock Fillets
1 13.5-Ounce Can Coconut Milk
1½ Cups Jasmine Rice
¾ Pound Baby Bok Choy
2 Cloves Garlic
2 Limes

1 Red Bell Pepper
1 Large Bunch Thai Basil

Knick Knacks

2 Tablespoons Yellow Curry Paste
1 Tablespoon Coconut Palm Sugar
1 2-Inch Piece Ginger
¼ Cup Peanuts

Makes 4 Servings

About 535 Calories Per Serving

Cooking Time: 15 to 25 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp55

1



Cook the rice:

In a small pot, combine the **rice**, a **big pinch of salt** and **3 cups of water**. Heat to boiling on high. Once boiling, reduce the heat to low and cover. Simmer 11 to 13 minutes, or until the water is absorbed and the rice is tender. Remove from heat and let rest for 5 minutes. Fluff the finished rice with a fork. Transfer to a serving dish and set aside in a warm place.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Remove the fish from the refrigerator to bring to room temperature. Peel and mince the garlic and ginger. Trim off and discard the root ends of the bok choy; separate the leaves and cut them in half lengthwise. Cut the bell pepper in half crosswise; remove and discard the stem, ribs and seeds. Thinly slice the bell pepper into rings. Quarter the limes. Pick the Thai basil leaves off the stems; discard the stems. Roughly chop the peanuts.

3



Cook the aromatics:

In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic**, **ginger** and **curry paste**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant.

4



Add the vegetables & start the curry:

Add the **bok choy**, **bell pepper** and $\frac{1}{4}$ **cup of water** to the pan of aromatics. Cook, stirring occasionally, 2 to 3 minutes, or until the bok choy has wilted. Add the **coconut palm sugar**, **coconut milk** (shaking the can before opening) and **1 cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until thoroughly combined. (Be careful not to boil the mixture, as the coconut milk may separate.)

5



Add the fish & finish the curry:

While the curry simmers, pat the **fish fillets** dry with paper towels; season with salt and pepper on both sides. Add the seasoned fillets to the pan of curry. Reduce the heat to medium and simmer 3 to 4 minutes per side, or until the fillets are cooked through. Turn off the heat. Using 2 forks, break the cooked fillets into bite-sized pieces. Stir in the **juice of 4 lime wedges**.

6



Serve your dish:

Divide the **finished curry** between 4 bowls. Garnish the curry and **cooked rice** with the **Thai basil** and **remaining lime wedges**. Garnish the rice with the **peanuts**. Enjoy!