



THAI FISH WITH CURRY & COCONUT

This creamy keto casserole is a great way to cook fish with lots of flavor . The Thai-flavoring gives it an exotic, delicious, special-event feel. Yet it's quick and easy to make. It might just become a new weeknight favorite.

 25 minutes

 4 portions

INGREDIENTS

- 4 tbsps of butter, [57 g]
- 650 grams of white Fish [Baramundi]
- 4 tps of red Curry Paste [108 g] **or** 4 tps of green Curry Paste [108 g]
- 1 Can of coconut Cream [400 g]
- 1 cup of coriander leaves, chopped [16 g]
- 450 grams of cauliflower, raw **or** 450 grams of broccoli, raw

COOKING METHOD

- 1° Preheat the oven to 200°C. Grease a medium-sized baking dish.
- 2° Place the fish pieces snugly in the baking dish. Salt and pepper generously and place a tablespoon of butter on top of each fish piece.
- 3° Mix coconut cream, curry paste and chopped cilantro in a small bowl and pour over the fish
- 4° Bake in the oven for 20 minutes or until the fish is done.
- 5° In the meantime, cut the cauliflower into small florets and boil in lightly salted water for a couple of minutes. Serve with the fish.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [420 g]	% DRI
ENERGY	141 kcal	592 kcal	30 %
FAT	11 g	46 g	70 %
FATTY ACIDS, TOTAL SATURATED	6 g	27 g	133 %
CHOLESTEROL	7 mg	31 mg	10 %
SODIUM	214 mg	899 mg	37 %
CARBOHYDRATE	3 g	12 g	4 %
SUGARS	1 g	4 g	—
FIBER	1 g	3 g	11 %
PROTEIN	9 g	36 g	—