

Thai Cod Curry



Discover the exquisite flavors of our Thai Cod Curry recipe. Indulge in the delicate balance of aromatic Thai spices and tender cod fish, creating a creamy and flavorful curry that will transport you to the vibrant streets of Thailand.

Preparation 20 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 300

Fat 6

Carbohydrates 30

Fibre 2

Protein 31

Sodium 400

Ingredients

Cod

- 600 g (1 ? lb) skinless cod fillet, cut into large cubes
- ½ white onion, coarsely chopped
- 1 red bell pepper, cut into strips

- 375 ml (1½ cups) sodium-reduced vegetable broth
- 30 ml (2 tbsp) curry powder
- 15 ml (1 tbsp) Thai red curry paste
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground ginger
- 22.5 ml (1½ tbsp) 0% plain Greek yogurt
- 5 ml (1 tsp) lime juice

Side dishe

- 60 ml (¼ cup) unsalted roasted cashews
- 500 ml (2 cups) cooked white rice, to serve

Preparation

1. Coat the bottom of a saucepan with oil spray. Over medium heat, cook cod cubes, about 5 minutes, or until cooked through and golden. Set aside on a plate.
2. In the same pan, spray the bottom of the pan again with oil spray. Over medium-high heat, sauté onion and bell pepper for about 5 minutes.
3. Add broth, curry powder, curry paste, cumin and ginger. Bring to a boil, cover and simmer for 8 to 10 minutes over low heat.
4. Remove from heat and stir in yogurt and lime juice. Mix well.
5. Return the cod cubes to the pan and stir gently.
6. Serve curry on a bed of rice and garnish with cashews.

Notes

Can be kept for 5 days in the refrigerator.



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