

Australian Native Food Education Kit

Fish in Yellow Rivermint Curry

Serves 2-4

Yellow Curry is typically a milder Thai curry made from more mellow and quite yellow chillies. It's also often finished with tamarind puree to add a lovely sourness, which is balanced with a pale palm sugar, lime juice and fragrant Rivermint. Adding extra chillies at the end is optional to spice it up! This curry works great with chicken or vegetables like sweet potato & eggplant too.

For the sauce

1 x 400ml coconut cream
1-2 dsp Thai Yellow Curry paste
500ml chicken (or fish) stock
40g native tamarind puree (or Asian tamarind puree)
80g Palm sugar – grated / chopped
70ml Thai fish sauce

Reduce $\frac{1}{2}$ the coconut cream in a heavy base fry pan over slow to medium heat until the cream just starts to split and is very lightly 'toasted'. Do not colour. Whisk in paste and fry 5-6 mins. gently without colouring. Note, if you like milder curries, start with 1 dsp curry paste, and add the stock and some of the seasonings to taste, then if too mild, add more paste, and seasonings to balance to your palate.

Add tamarind puree, stock and remaining ingredients, including the balance of the coconut cream, stir well and Simmer for 5-6 mins stirring occasionally.

1 x 150g white fish fillet per person (flake, snapper, salmon, or cod all work a treat)
 $\frac{1}{2}$ small bunch Coriander to garnish
 $\frac{1}{2}$ small bunch Thai basil – leaves torn
2 dsp crisp fried shallots (available at Asian shops)
2 snake beans (or a few standard beans) per person
 $\frac{1}{2}$ cup full of picked Rivermint leaves (or 1 dsp dried)
Extra chillies if desired
Juice of 1 lime – to taste
Extra Coconut milk if desired
Steamed Jasmin Rice to serve

Simmer the fish and beans in the sauce covered for 3-4 mins, a little longer if the fish steak is thick

Add some lime juice and check balance of sauce. You may like to thin the sauce with a little more coconut milk or stock. Finally stir through the fresh herbs (keeping a little aside for fresh garnish at the end) and chilli (if using) and serve sprinkled with crisp shallots and rice.



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