

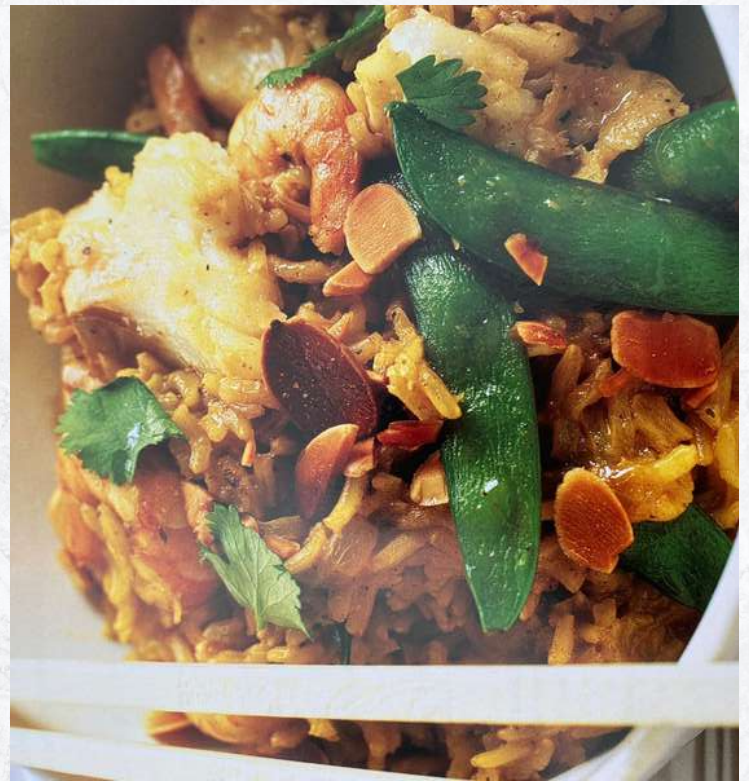


# COCONUT FISH PILAU

101 EASY RECIPES LOW GI BY  
LYNDA BROWN

## Ingredients

2 tsp olive oil  
1 shallot, chopped  
1 tbsp Thai green curry paste  
225g (8oz) brown basmati rice  
600ml (1 pint) hot fish or vegetable stock  
150ml (1/4 pint) reduced-fat coconut milk  
350g (86oz) skinless cod fillet, cut into  
bite-sized pieces 350g (12oz)  
sugar snap peas 125g (4oz)  
cooked and peeled Icelandic prawns  
25g (1oz) toasted almonds, chopped  
Squeeze of lemon juice  
2 tbsp chopped coriander



## Method

1. Heat the oil in a frying pan, add the shallot and 1 tbsp water and fry for 4-5 minutes until golden. Stir in the curry paste and cook for 1-2 minutes.
2. Add the rice, stock and coconut milk. Bring to the boil, then cover and simmer for 15-20 minutes until all the liquid has been absorbed.
3. Add the cod and cook for 3-5 minutes. Add the sugar snap peas, prawns, almonds and lemon juice. Check the seasoning. Garnish with coriander.