

# In-A-Hurry Fish Curry

Hands-on 15 minutes Overall 25 minutes



**Nutritional values (per serving, no side):** Total carbs: 9.3 g, Fiber: 3.1 g, **Net carbs: 6.1 g,**

Protein: 30.1 g, Fat: 31.6 g, Calories: 431 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

- 2 tbsp virgin [coconut oil](#) or [ghee](#) (30 ml)
- 1 small yellow onion, finely chopped (70 g/ 2.5 oz)
- 2 tbsp ginger, grated, about 2.5 cm/ 1 inch piece (12 g/ oz)
- 2 cloves garlic, minced
- 1 tbsp curry powder (mild or hot to preferred taste)
- 1 cup [coconut cream](#) (240 ml/ 8 fl oz)
- 1 cup prepared vegetable stock, fish stock or water (240 ml/ 8 fl oz)
- 2 medium tomatoes, chopped or 2/3 cup canned tomatoes (150 g/ 3.5 oz)
- 4 thick skinless fillets of firm white fish such as cod (600 g/ 1.3 lbs)
- Optional:* freshly sliced red chillies, cilantro (coriander) and lime wedges, to serve

## Suggested side dish options:

- [cauliflower rice](#) ([plain cauli-rice](#) or [flavoured cauli-rice](#))
- [shirataki rice](#) ([here's how to prepare shirataki products](#))
- steamed veggies such as green beans and broccoli
- roasted veggies such as eggplants and zucchini

## Instructions

1. Melt the coconut oil in a saucepan over medium heat. Add the onion and cook, stirring occasionally, until just starting to brown, around 5 minutes.
2. Add the tomato, garlic and ginger and cook, stirring for a further minute.
3. Add the curry powder, and cook, stirring, for a further minute until fragrant.
4. Slowly add the coconut cream and stock, and stir to combine. Bring to a simmer, and cook around 5 to 7 minutes or until the tomatoes start to soften.
5. Cut the fish into 3 cm/ 1.2 inch pieces. Add the fish, and gently

poach for about 6 to 8 minutes, or until the fish is cooked through.

6. Divide amongst bowls, and optionally top with fresh chillies, coriander and lime wedges to serve.
7. Serve immediately. To prep in advance, make the sauce and then store in a sealed container in the fridge for up to three days. On the day of cooking, bring the sauce to a simmer, and the fish and cook 6-8 minutes until cooked through.

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