

Yellow fish curry

Fragrant and delicious, this yellow fish curry will be a new family classic. On the table in under 40 minutes, it's the perfect dinner option when you're short on time.

- Serves 4
- Cooktime 25 mins 25 minutes
- Prep time 10 mins

Ingredients

- 1 tbs peanut oil
- 1 brown onion, finely chopped
- 1 carrot, thinly sliced
- 1 zucchini, thinly sliced
- 400g butternut pumpkin, cut into 2cm pieces
- 2 tbs yellow curry paste
- 400ml can coconut milk
- 700g firm white fish fillets (such as blue grenadier), cut into 3cm pieces
- 2 x 250g pkts Tilda Steamed Brown Basmati Rice
- 1/2 cup coriander leaves
- 1 tbs fried shallots

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

Method

1. Step 1

Heat the oil in a large wok over medium heat. Add the onion, carrot, zucchini and pumpkin and stir-fry for 5 mins or until onion softens.

2. Step 2

Add the curry paste. Cook, stirring, for 1 min or until fragrant and vegetables are coated in paste. Stir in the coconut milk and bring to the boil. Reduce heat to medium-low. Simmer, covered, for 10 mins or until pumpkin is tender.

3. Step 3

Add the fish and stir gently to combine. Simmer, uncovered, for 5 mins or until fish is cooked through. Season with salt and pepper.

4. Step 4

Meanwhile, heat the basmati rice following packet directions.

5. Step 5

Sprinkle curry with coriander and fried shallots. Serve with the rice.