

Barramundi and Bean Curry for One

Serves: 1

Prep time: 10 Minutes

Cooking time: 8-10 Minutes

Adapted from CSIRO diet

Ingredients:

- ½ tablespoon of thinly sliced red chilli
- ½ tablespoon finely chopped lemongrass,
- 1 finely sliced green shallot, white part only
- ½ teaspoon grated garlic
- 1 teaspoon grated ginger
- 1-2 tablespoons of chopped coriander
- ¼ teaspoon shrimp paste *see note below
- 1 finely sliced small kaffir lime leaf
- 1 teaspoon oil plus 1 teaspoon extra for frying
- 1 x (150g) Barramundi fillet, cut into chunks
- 2 tablespoons chicken or vegetable stock
- Splash fish sauce
- 5 beans, cut into 5cm lengths
- **Garnish *optional**
- Sprig of Coriander, red chilli, wedge lime
- Cooked rice



A healthy option from the CSIRO diet.

*This dish is so tasty
and has been adapted for one
Enjoy!*

Method:

- **Make curry paste:** Place chilli, lemongrass, shallot, garlic, ginger, coriander, shrimp paste, kaffir lime and oil in a mortar and pestle and grind to a fine paste.
- Add the paste and fish pieces to a bowl and gently toss to coat
- Heat extra oil over medium heat, in a non-stick frying pan or wok. Add fish pieces and remaining juices to the bowl, cook for 2-3 minutes, turn fish over, add stock, fish sauce and beans. cover and cook for a further 3-5 minutes, until fish is cooked through and beans are just tender. Remove from heat. Place fish and ***optional** cooked rice, onto a serving plate, sprinkle with chopped coriander. **Garnish with *a sprig of coriander, chilli and lime**
- **.Serve and Enjoy!**
- **Note:** You can substitute the shrimp paste with ¼ teaspoon green curry paste