



Molloy's
Fish Market
— Est 1968 —

Monkfish in a Mild Thai Green Curry Sauce

SERVES 4



INGREDIENTS

- 700g Monkfish, filleted, skinned from Molloy's Fish Market (cut monkfish into cubes)
- 1 tablesp. Oil
- 75g Green Thai paste
- 1 teasp. root ginger, grated
- 4 scallions, thinly sliced
- 1 red pepper, sliced
- 400ml tin of coconut milk
- Salt and freshly-ground black pepper
- Small handful of fresh coriander and basil, chopped
- Juice of half lime

HOW TO:

- Add the oil to a large heavy based frying pan, and warm a little, then add the paste and cook for a minute
- Stir in the ginger, scallions and peppers and coat in the paste
- Pour in the coconut milk, and boil for 2 minutes, stirring from time to time
- Season the fish and add to the mixture in the pan and gently simmer for 5 minutes until the fish is beginning to flake
- Add the chopped herbs and lime juice
- Serve immediately with rice or noodles

