

TASTES OF LIFE

Steamed Thai fish curry

Serves 4

- 1 onion, thinly sliced
- 2 tbsp cornflour
- 400g can coconut milk
- 2 tomatoes, roughly diced
- 10g pack fresh coriander leaves, roughly chopped
- 1 tbsp Thai red or green curry paste
- ½ -1 tbsp thai fish sauce
- Juice of ½ a lemon
- 500g boneless, skinless white fish, cubed
- 20g Thai fragrant rice



Steam the onion for 3 minutes at 100°C. Meanwhile, make up the cornflour paste with 2 tbsp taken from the coconut milk.

Add the tomato, coriander according to taste, the rest of the coconut milk, cornflour paste, curry paste, fish sauce and lemon juice to the onion. Steam for 2 minutes at 100°C. Add the fish to the mixture and steam for a further 5 minutes.

The rice can also be cooked simultaneously in the steam oven. Allow 50g of Thai fragrant rice per person and place in a solid container. Pour over boiling water until it is 1cm above the rice. Cook for 8 minutes at 100°C.

When cooked, season the fish to taste and serve with the steamed Thai rice. Garnish with some fresh coriander leaves.